



45. Brockenlauf

Ilseburg / 05.09.2015

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Jensen, Ib

□□: Kolding Motion/Klub 100 Marathon DK

□□: 11

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:35:48

□□: 10.01 km/h

□□□□□/□□□: 248 (of 532)

□□□□□/□: 232 (of 452)

□□□□□□: 1:36:15

□□□□□: 16(of 50)

□□□□□□□: 2:08:31

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:54	8.61	35	4:25	344	9:08	3.30	20:54	8.61	35	4:25	344	9:08
Schlüsie	3.10	21:59	8.19	32	4:40	325	9:04	6.40	42:53	8.39	35	8:39	338	18:12
Hermannsklippe	2.60	19:09	6.27	27	4:17	300	7:54	9.00	1:02:02	8.70	33	12:08	329	26:06
Brocken	3.10	29:56	6.01	17	6:02	255	12:44	12.10	1:31:58	7.83	28	18:10	301	38:50
Eiserner Handwe	3.60	17:06	10.53	11	1:39	147	5:29	15.70	1:49:04	8.25	21	19:49	262	44:19
Schlüsie	4.10	16:52	14.23	10	2:37	162	5:26	19.80	2:05:56	9.05	20	22:26	247	49:45
Loddenke	3.10	14:12	12.68	16	2:22	190	4:35	22.90	2:20:08	9.42	18	24:48	237	54:20
Ilseburg/Markt	3.30	15:40	11.49	15	2:29	200	5:13	26.20	2:35:48	10.01	16	27:17	232	59:33