



45. Brockenlauf

Ilseburg / 05.09.2015

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Weißenberger, Thorsten

□□: Hannover

□□: 378

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:39:30

□□: 9.78 km/h

□□□□□/□□□: 277 (of 532)

□□□□□/□: 256 (of 452)

□□□□□□: 1:36:15

□□□□□: 42(of 59)

□□□□□□□: 1:45:31

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:13 | 8.90 | 40 | 7:07 | 286 | 8:27 | 3.30 | 20:13 | 8.90 | 40 | 7:07 | 286 | 8:27 |
| Schlüsie | 3.10 | 21:12 | 8.49 | 45 | 6:49 | 277 | 8:17 | 6.40 | 41:25 | 8.69 | 45 | 13:44 | 286 | 16:44 |
| Hermannsklippe | 2.60 | 18:36 | 6.45 | 39 | 6:06 | 265 | 7:21 | 9.00 | 1:00:01 | 9.00 | 43 | 19:37 | 274 | 24:05 |
| Brocken | 3.10 | 28:54 | 6.23 | 32 | 9:04 | 207 | 11:42 | 12.10 | 1:28:55 | 8.10 | 40 | 28:41 | 250 | 35:47 |
| Eiserner Handwe | 3.60 | 22:16 | 8.08 | 54 | 10:01 | 393 | 10:39 | 15.70 | 1:51:11 | 8.09 | 45 | 38:42 | 285 | 46:26 |
| Schlüsie | 4.10 | 17:51 | 13.45 | 39 | 5:57 | 228 | 6:25 | 19.80 | 2:09:02 | 8.83 | 43 | 44:39 | 268 | 52:51 |
| Loddenke | 3.10 | 14:30 | 12.41 | 40 | 4:22 | 217 | 4:53 | 22.90 | 2:23:32 | 9.20 | 43 | 49:01 | 261 | 57:44 |
| Ilseburg/Markt | 3.30 | 15:58 | 11.27 | 38 | 4:58 | 218 | 5:31 | 26.20 | 2:39:30 | 9.78 | 42 | 53:59 | 256 | 1:03:15 |