



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Bertko, Frank

□□: Krauschwitz
 □□: 39

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:40:36

□□: 9.71 km/h

□□□□□/□□□: 282 (of 532)

□□□□□/□: 261 (of 452)

□□□□□□: 1:36:15

□□□□□: 53(of 91)

□□□□□□□: 1:55:12

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:04 | 9.44 | 41 | 4:57 | 203 | 7:18 | 3.30 | 19:04 | 9.44 | 41 | 4:57 | 203 | 7:18 |
| Schlüsie | 3.10 | 20:16 | 8.88 | 41 | 4:30 | 217 | 7:21 | 6.40 | 39:20 | 9.15 | 39 | 9:27 | 205 | 14:39 |
| Hermannsklippe | 2.60 | 18:02 | 6.65 | 41 | 4:11 | 221 | 6:47 | 9.00 | 57:22 | 9.41 | 41 | 13:38 | 209 | 21:26 |
| Brocken | 3.10 | 28:47 | 6.25 | 38 | 7:56 | 202 | 11:35 | 12.10 | 1:26:09 | 8.36 | 38 | 21:31 | 204 | 33:01 |
| Eiserner Handwe | 3.60 | 19:40 | 9.15 | 58 | 6:11 | 286 | 8:03 | 15.70 | 1:45:49 | 8.51 | 47 | 27:42 | 227 | 41:04 |
| Schlüsie | 4.10 | 19:09 | 12.53 | 55 | 6:02 | 280 | 7:43 | 19.80 | 2:04:58 | 9.12 | 48 | 33:12 | 235 | 48:47 |
| Loddenke | 3.10 | 16:43 | 10.77 | 71 | 6:09 | 362 | 7:06 | 22.90 | 2:21:41 | 9.32 | 51 | 38:44 | 251 | 55:53 |
| Ilseburg/Markt | 3.30 | 18:55 | 9.52 | 80 | 6:58 | 390 | 8:28 | 26.20 | 2:40:36 | 9.71 | 53 | 45:24 | 261 | 1:04:21 |