



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Müller, Christian

□□: TSV Kirchlinteln

□□: 136

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:41:00

□□: 9.69 km/h

□□□□□/□□□: 286 (of 532)

□□□□□/□: 265 (of 452)

□□□□□□: 1:36:15

□□□□□: 22(of 50)

□□□□□□□: 2:08:31

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:46 | 9.59 | 12 | 2:17 | 180 | 7:00 | 3.30 | 18:46 | 9.59 | 12 | 2:17 | 180 | 7:00 |
| Schlüsie | 3.10 | 20:40 | 8.71 | 19 | 3:21 | 244 | 7:45 | 6.40 | 39:26 | 9.13 | 15 | 5:12 | 211 | 14:45 |
| Hermannsklippe | 2.60 | 18:21 | 6.54 | 18 | 3:29 | 249 | 7:06 | 9.00 | 57:47 | 9.35 | 17 | 7:53 | 219 | 21:51 |
| Brocken | 3.10 | 33:12 | 5.42 | 35 | 9:18 | 368 | 16:00 | 12.10 | 1:30:59 | 7.91 | 23 | 17:11 | 281 | 37:51 |
| Eiserner Handwe | 3.60 | 18:51 | 9.55 | 21 | 3:24 | 246 | 7:14 | 15.70 | 1:49:50 | 8.19 | 23 | 20:35 | 273 | 45:05 |
| Schlüsie | 4.10 | 19:35 | 12.26 | 27 | 5:20 | 300 | 8:09 | 19.80 | 2:09:25 | 8.81 | 24 | 25:55 | 274 | 53:14 |
| Loddenke | 3.10 | 15:17 | 11.78 | 24 | 3:27 | 274 | 5:40 | 22.90 | 2:24:42 | 9.12 | 23 | 29:22 | 271 | 58:54 |
| Ilseburg/Markt | 3.30 | 16:18 | 11.04 | 20 | 3:07 | 244 | 5:51 | 26.20 | 2:41:00 | 9.69 | 22 | 32:29 | 265 | 1:04:45 |