



# 45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Hansen, Uwe

□□: SV Kirchboitzen  
□□: 79

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M55 (55-59 Jahre)

□□□: 2:43:29

□□: 9.54 km/h

□□□□□/□□□: 312 (of 532)

□□□□□/□: 286 (of 452)

□□□□□□: 1:36:15

□□□□□: 26(of 50)

□□□□□□□: 2:08:31

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:25    | 8.82       | 32      | 3:56    | 307     | 8:39    | 3.30  | 20:25   | 8.82 | 32      | 3:56    | 307     | 8:39    |
| Schlüsie        | 3.10     | 21:07    | 8.52       | 22      | 3:48    | 270     | 8:12    | 6.40  | 41:32   | 8.67 | 27      | 7:18    | 289     | 16:51   |
| Hermannsklippe  | 2.60     | 18:41    | 6.42       | 21      | 3:49    | 270     | 7:26    | 9.00  | 1:00:13 | 8.97 | 25      | 10:19   | 279     | 24:17   |
| Brocken         | 3.10     | 29:59    | 6.00       | 19      | 6:05    | 258     | 12:47   | 12.10 | 1:30:12 | 7.98 | 21      | 16:24   | 270     | 37:04   |
| Eiserner Handwe | 3.60     | 20:22    | 8.84       | 31      | 4:55    | 322     | 8:45    | 15.70 | 1:50:34 | 8.14 | 24      | 21:19   | 281     | 45:49   |
| Schlüsie        | 4.10     | 20:17    | 11.83      | 31      | 6:02    | 341     | 8:51    | 19.80 | 2:10:51 | 8.71 | 26      | 27:21   | 287     | 54:40   |
| Loddenke        | 3.10     | 15:37    | 11.53      | 27      | 3:47    | 300     | 6:00    | 22.90 | 2:26:28 | 9.01 | 26      | 31:08   | 284     | 1:00:40 |
| Ilseburg/Markt  | 3.30     | 17:01    | 10.58      | 27      | 3:50    | 298     | 6:34    | 26.20 | 2:43:29 | 9.54 | 26      | 34:58   | 286     | 1:07:14 |