



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Einax, Christian

□□: Isv thierschneck
 □□: 139

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:47:38

□□: 9.31 km/h

□□□□□/□□□: 357 (of 532)

□□□□□/□: 325 (of 452)

□□□□□□: 1:36:15

□□□□□: 41(of 48)

□□□□□□□: 1:56:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:33 | 8.35 | 45 | 7:25 | 385 | 9:47 | 3.30 | 21:33 | 8.35 | 45 | 7:25 | 385 | 9:47 |
| Schlüsie | 3.10 | 21:34 | 8.35 | 39 | 5:41 | 306 | 8:39 | 6.40 | 43:07 | 8.35 | 42 | 13:04 | 351 | 18:26 |
| Hermannsklippe | 2.60 | 18:52 | 6.36 | 36 | 5:00 | 281 | 7:37 | 9.00 | 1:01:59 | 8.71 | 42 | 18:00 | 327 | 26:03 |
| Brocken | 3.10 | 27:00 | 6.67 | 18 | 5:19 | 134 | 9:48 | 12.10 | 1:28:59 | 8.09 | 33 | 23:19 | 252 | 35:51 |
| Eiserner Handwe | 3.60 | 22:16 | 8.08 | 44 | 8:31 | 393 | 10:39 | 15.70 | 1:51:15 | 8.09 | 37 | 31:39 | 288 | 46:30 |
| Schlüsie | 4.10 | 26:19 | 9.12 | 47 | 13:07 | 443 | 14:53 | 19.80 | 2:17:34 | 8.29 | 43 | 44:40 | 354 | 1:01:23 |
| Loddenke | 3.10 | 14:58 | 12.03 | 30 | 3:33 | 244 | 5:21 | 22.90 | 2:32:32 | 8.65 | 41 | 48:13 | 346 | 1:06:44 |
| Ilseburg/Markt | 3.30 | 15:06 | 11.92 | 20 | 2:31 | 147 | 4:39 | 26.20 | 2:47:38 | 9.31 | 41 | 50:44 | 325 | 1:11:23 |