



45. Brockenlauf

Ilseburg / 05.09.2015

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Pinckert, Andreas

□□: BSG Knossos
 □□: 225

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:47:40

□□: 9.38 km/h

□□□□□/□□□: 360 (of 532)

□□□□□/□: 326 (of 452)

□□□□□□: 1:36:15

□□□□□: 50(of 59)

□□□□□□□: 1:45:31

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□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:27 | 9.23 | 53 | 8:21 | 377 | 9:41 | 3.30 | 21:27 | 9.23 | 53 | 8:21 | 377 | 9:41 |
| Schlüsie | 3.10 | 22:12 | 8.38 | 52 | 7:49 | 342 | 9:17 | 6.40 | 43:39 | 8.80 | 52 | 15:58 | 363 | 18:58 |
| Hermannsklippe | 2.60 | 18:46 | 8.31 | 41 | 6:16 | 275 | 7:31 | 9.00 | 1:02:25 | 8.65 | 50 | 22:01 | 335 | 26:29 |
| Brocken | 3.10 | 29:50 | 6.23 | 41 | 10:00 | 251 | 12:38 | 12.10 | 1:32:15 | 7.87 | 47 | 32:01 | 307 | 39:07 |
| Eiserner Handwe | 3.60 | 22:23 | 9.65 | 55 | 10:08 | 398 | 10:46 | 15.70 | 1:54:38 | 8.22 | 50 | 42:09 | 331 | 49:53 |
| Schlüsie | 4.10 | 21:02 | 11.70 | 55 | 9:08 | 370 | 9:36 | 19.80 | 2:15:40 | 8.76 | 52 | 51:17 | 343 | 59:29 |
| Loddenke | 3.10 | 15:32 | 11.97 | 48 | 5:24 | 293 | 5:55 | 22.90 | 2:31:12 | 9.09 | 51 | 56:41 | 334 | 1:05:24 |
| Ilseburg/Markt | 3.30 | 16:28 | 12.02 | 42 | 5:28 | 260 | 6:01 | 26.20 | 2:47:40 | 9.38 | 50 | 1:02:09 | 326 | 1:11:25 |