



45. Brockenlauf
Ilseburg / 05.09.2015

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Schmidt, Norbert

□□: Dettingen

□□: 306

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:47:56

□□: 9.36 km/h

□□□□□/□□□: 363 (of 532)

□□□□□/□: 330 (of 452)

□□□□□□: 1:36:15

□□□□□: 58(of 78)

□□□□□□□: 2:00:23

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:39	9.15	73	6:45	390	9:53	3.30	21:39	9.15	73	6:45	390	9:53
Schlüsie	3.10	23:13	8.01	65	6:54	381	10:18	6.40	44:52	8.56	69	13:39	379	20:11
Hermannsklippe	2.60	20:03	7.78	59	5:50	360	8:48	9.00	1:04:55	8.32	64	19:25	376	28:59
Brocken	3.10	30:05	6.18	45	7:57	261	12:53	12.10	1:35:00	7.64	59	27:22	348	41:52
Eiserner Handwe	3.60	20:26	10.57	56	6:11	326	8:49	15.70	1:55:26	8.16	61	33:20	342	50:41
Schlüsie	4.10	19:36	12.55	52	6:05	305	8:10	19.80	2:15:02	8.80	58	38:53	330	58:51
Loddenke	3.10	15:32	11.97	52	4:01	293	5:55	22.90	2:30:34	9.13	58	42:54	328	1:04:46
Ilseburg/Markt	3.30	17:22	11.40	58	4:39	323	6:55	26.20	2:47:56	9.36	58	47:33	330	1:11:41