



45. Brockenlauf

Ilseburg / 05.09.2015

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Bedemann, Torsten

□□□: 2:52:46

□□: Ziltendorf

□□: 9.10 km/h

□□: 473

□□: 26.20 km

□□□□□/□□□: 402 (of 532)

26,2 km - Lauf

□□□□□/□: 359 (of 452)

□□□□□□: 1:36:15

□□□□:

□□□□□: 73(of 91)

Senioren M45 (45-49 Jahre)

□□□□□□□: 1:55:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:09	9.36	75	7:02	364	9:23	3.30	21:09	9.36	75	7:02	364	9:23
Schlüsie	3.10	21:47	8.54	65	6:01	316	8:52	6.40	42:56	8.94	71	13:03	342	18:15
Hermannsklippe	2.60	19:55	7.83	74	6:04	350	8:40	9.00	1:02:51	8.59	71	19:07	346	26:55
Brocken	3.10	32:39	5.70	71	11:48	352	15:27	12.10	1:35:30	7.60	71	30:52	350	42:22
Eiserner Handwe	3.60	22:08	9.76	80	8:39	389	10:31	15.70	1:57:38	8.01	74	39:31	359	52:53
Schlüsie	4.10	21:46	11.30	80	8:39	390	10:20	19.80	2:19:24	8.52	75	47:38	368	1:03:13
Loddenke	3.10	17:05	10.89	76	6:31	377	7:28	22.90	2:36:29	8.78	76	53:32	373	1:10:41
Ilseburg/Markt	3.30	16:17	12.16	48	4:20	243	5:50	26.20	2:52:46	9.10	73	57:34	359	1:16:31