



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Sonek, Christian

□□: Klirchseeon

□□: 510

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:52:55

□□: 9.02 km/h

□□□□□/□□□: 407 (of 532)

□□□□□/□: 364 (of 452)

□□□□□□: 1:36:15

□□□□□: 64(of 78)

□□□□□□□: 2:00:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:47 | 7.90 | 75 | 7:53 | 419 | 11:01 | 3.30 | 22:47 | 7.90 | 75 | 7:53 | 419 | 11:01 |
| Schlüsie | 3.10 | 22:57 | 7.84 | 63 | 6:38 | 373 | 10:02 | 6.40 | 45:44 | 7.87 | 73 | 14:31 | 403 | 21:03 |
| Hermannsklippe | 2.60 | 20:22 | 5.89 | 64 | 6:09 | 372 | 9:07 | 9.00 | 1:06:06 | 8.17 | 69 | 20:36 | 389 | 30:10 |
| Brocken | 3.10 | 27:21 | 6.58 | 28 | 5:13 | 147 | 10:09 | 12.10 | 1:33:27 | 7.70 | 54 | 25:49 | 323 | 40:19 |
| Eiserner Handwe | 3.60 | 21:47 | 8.26 | 69 | 7:32 | 379 | 10:10 | 15.70 | 1:55:14 | 7.81 | 60 | 33:08 | 337 | 50:29 |
| Schlüsie | 4.10 | 21:20 | 11.25 | 67 | 7:49 | 379 | 9:54 | 19.80 | 2:16:34 | 8.35 | 63 | 40:25 | 351 | 1:00:23 |
| Loddenke | 3.10 | 17:16 | 10.42 | 69 | 5:45 | 388 | 7:39 | 22.90 | 2:33:50 | 8.58 | 63 | 46:10 | 352 | 1:08:02 |
| Ilseburg/Markt | 3.30 | 19:05 | 9.43 | 71 | 6:22 | 394 | 8:38 | 26.20 | 2:52:55 | 9.02 | 64 | 52:32 | 364 | 1:16:40 |