



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Baumbach, Torsten

□□: Hörselberg-Hainich

□□: 63

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:56:24

□□: 8.84 km/h

□□□□□/□□□: 428 (of 532)

□□□□□/□: 380 (of 452)

□□□□□□: 1:36:15

□□□□□: 79(of 91)

□□□□□□□: 1:55:12

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:53 | 9.53 | 38 | 4:46 | 189 | 7:07 | 3.30 | 18:53 | 9.53 | 38 | 4:46 | 189 | 7:07 |
| Schlüsie | 3.10 | 22:30 | 8.00 | 73 | 6:44 | 354 | 9:35 | 6.40 | 41:23 | 8.70 | 58 | 11:30 | 283 | 16:42 |
| Hermannsklippe | 2.60 | 20:27 | 5.87 | 77 | 6:36 | 374 | 9:12 | 9.00 | 1:01:50 | 8.73 | 67 | 18:06 | 323 | 25:54 |
| Brocken | 3.10 | 34:06 | 5.28 | 79 | 13:15 | 393 | 16:54 | 12.10 | 1:35:56 | 7.51 | 74 | 31:18 | 358 | 42:48 |
| Eiserner Handwe | 3.60 | 21:45 | 8.28 | 78 | 8:16 | 375 | 10:08 | 15.70 | 1:57:41 | 7.65 | 75 | 39:34 | 360 | 52:56 |
| Schlüsie | 4.10 | 21:47 | 11.02 | 81 | 8:40 | 394 | 10:21 | 19.80 | 2:19:28 | 8.17 | 77 | 47:42 | 371 | 1:03:17 |
| Loddenke | 3.10 | 17:36 | 10.23 | 80 | 7:02 | 396 | 7:59 | 22.90 | 2:37:04 | 8.40 | 78 | 54:07 | 376 | 1:11:16 |
| Ilseburg/Markt | 3.30 | 19:20 | 9.31 | 82 | 7:23 | 400 | 8:53 | 26.20 | 2:56:24 | 8.84 | 79 | 1:01:12 | 380 | 1:20:09 |