



45. Brockenlauf

Ilseburg / 05.09.2015

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Bonnet-Gramentz, Marco

□□□: 2:59:58

□□: Baunschweig

□□: 8.67 km/h

□□: 573

□□: 26.20 km

□□□□□/□□□: 447 (of 532)

26,2 km - Lauf

□□□□□/□: 394 (of 452)

□□□□□□: 1:36:15

□□□□:

□□□□□: 47(of 48)

Senioren M35 (35-39 Jahre)

□□□□□□□: 1:56:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:14 | 8.10 | 47 | 8:06 | 408 | 10:28 | 3.30 | 22:14 | 8.10 | 47 | 8:06 | 408 | 10:28 |
| Schlüsie | 3.10 | 23:26 | 7.68 | 47 | 7:33 | 388 | 10:31 | 6.40 | 45:40 | 7.88 | 47 | 15:37 | 401 | 20:59 |
| Hermannsklippe | 2.60 | 21:01 | 5.71 | 45 | 7:09 | 389 | 9:46 | 9.00 | 1:06:41 | 8.10 | 47 | 22:42 | 398 | 30:45 |
| Brocken | 3.10 | 32:47 | 5.49 | 42 | 11:06 | 354 | 15:35 | 12.10 | 1:39:28 | 7.24 | 47 | 33:48 | 392 | 46:20 |
| Eiserner Handwe | 3.60 | 23:19 | 7.72 | 47 | 9:34 | 419 | 11:42 | 15.70 | 2:02:47 | 7.33 | 47 | 43:11 | 403 | 58:02 |
| Schlüsie | 4.10 | 23:22 | 10.27 | 46 | 10:10 | 418 | 11:56 | 19.80 | 2:26:09 | 7.80 | 47 | 53:15 | 403 | 1:09:58 |
| Loddenke | 3.10 | 17:10 | 10.49 | 46 | 5:45 | 380 | 7:33 | 22.90 | 2:43:19 | 8.08 | 47 | 59:00 | 400 | 1:17:31 |
| Ilseburg/Markt | 3.30 | 16:39 | 10.81 | 35 | 4:04 | 275 | 6:12 | 26.20 | 2:59:58 | 8.67 | 47 | 1:03:04 | 394 | 1:23:43 |