



# 45. Brockenlauf

Ilseburg / 05.09.2015

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Wernicke, Raik

□□: TGS Walldorf  
 □□: 235

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 3:00:35

□□: 8.64 km/h

□□□□□/□□□: 452 (of 532)

□□□□□/□: 398 (of 452)

□□□□□□: 1:36:15

□□□□□: 81(of 91)

□□□□□□□: 1:55:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:19	8.44	77	7:12	367	9:33	3.30	21:19	8.44	77	7:12	367	9:33
Schlüsie	3.10	23:21	7.71	79	7:35	385	10:26	6.40	44:40	8.06	77	14:47	377	19:59
Hermannsklippe	2.60	21:19	5.63	81	7:28	396	10:04	9.00	1:05:59	8.18	79	22:15	385	30:03
Brocken	3.10	35:10	5.12	85	14:19	415	17:58	12.10	1:41:09	7.12	82	36:31	405	48:01
Eiserner Handwe	3.60	21:48	8.26	79	8:19	380	10:11	15.70	2:02:57	7.32	83	44:50	404	58:12
Schlüsie	4.10	20:34	11.67	68	7:27	351	9:08	19.80	2:23:31	7.94	81	51:45	395	1:07:20
Loddenke	3.10	17:36	10.23	80	7:02	396	7:59	22.90	2:41:07	8.19	81	58:10	395	1:15:19
Ilseburg/Markt	3.30	19:28	9.25	83	7:31	407	9:01	26.20	3:00:35	8.64	81	1:05:23	398	1:24:20