



# 45. Brockenlauf

Ilseburg / 05.09.2015

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**Thater, Ralf**

□□: LSF Oldenburg

□□: 358

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:12:08

□□: 8.12 km/h

□□□□□/□□□: 488 (of 532)

□□□□□/□: 420 (of 452)

□□□□□□: 1:36:15

□□□□□: 46(of 50)

□□□□□□□: 2:08:31

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:31	7.34	47	8:02	442	12:45	3.30	24:31	7.34	47	8:02	442	12:45
Schlüsie	3.10	26:19	6.84	46	9:00	433	13:24	6.40	50:50	7.08	46	16:36	442	26:09
Hermannsklippe	2.60	22:52	5.25	45	8:00	422	11:37	9.00	1:13:42	7.33	46	23:48	433	37:46
Brocken	3.10	36:16	4.96	45	12:22	425	19:04	12.10	1:49:58	6.55	46	36:10	431	56:50
Eiserner Handwe	3.60	24:01	7.49	48	8:34	424	12:24	15.70	2:13:59	6.72	47	44:44	428	1:09:14
Schlüsie	4.10	22:31	10.66	44	8:16	408	11:05	19.80	2:36:30	7.28	48	53:00	426	1:20:19
Loddenke	3.10	17:16	10.42	40	5:26	388	7:39	22.90	2:53:46	7.60	48	58:26	425	1:27:58
Ilseburg/Markt	3.30	18:22	9.80	38	5:11	367	7:55	26.20	3:12:08	8.12	46	1:03:37	420	1:35:53