



46. Brockenlauf

Ilseburg / 03.09.2016

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Makarinas, Robert

□□: Nordhausen

□□: 28

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:05:04

□□: 12.47 km/h

□□□□: 4:46 min/km

□□□□□/□□□: 19 (of 529)

□□□□□/□: 19 (of 447)

□□□□□□: 1:39:39

□□□□□: 4(of 30)

□□□□□□□: 1:39:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:35 | 4:25 | 3 | 4:58 | 13 | 4:58 | 3.30 | 14:35 | 4:25 | 3 | 4:58 | 13 | 4:58 | |
| Schlüsie | 3.10 | 16:22 | 5:16 | 2 | 0:28 | 9 | 2:32 | 6.40 | 30:57 | 4:50 | 3 | 4:48 | 12 | 4:53 | |
| Hermannsklippe | 2.60 | 13:56 | 5:21 | 3 | 2:15 | 10 | 2:15 | 9.00 | 44:53 | 4:59 | 3 | 7:03 | 11 | 7:03 | |
| Brocken | 3.10 | 22:00 | 7:05 | 3 | 3:45 | 12 | 3:45 | 12.10 | 1:06:53 | 5:31 | 3 | 10:48 | 11 | 10:48 | |
| Eiserner Handwe | 3.60 | 14:26 | 4:00 | 2 | 1:56 | 10 | 1:56 | 15.70 | 1:21:19 | 5:10 | 3 | 12:44 | 11 | 12:44 | |
| Schlüsie | 4.10 | 14:31 | 3:32 | 5 | 2:05 | 25 | 2:07 | 19.80 | 1:35:50 | 4:50 | 3 | 14:49 | 12 | 14:49 | |
| Loddenke | 3.10 | 13:46 | 4:26 | 13 | 3:26 | 114 | 3:26 | 22.90 | 1:49:36 | 4:47 | 4 | 18:15 | 17 | 18:15 | |
| Ilseburg/Markt | 3.30 | 15:28 | 4:41 | 13 | 7:10 | 136 | 7:10 | 26.20 | 2:05:04 | 4:46 | 4 | 25:25 | 19 | 25:25 | |