



# 46. Brockenlauf

Ilseburg / 03.09.2016

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Ulrich, Kai-Uwe

□□: MSV Meusegast

□□: 414

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:12:55

□□: 11.74 km/h

□□□□: 5:04 min/km

□□□□□/□□□: 38 (of 529)

□□□□□/□: 36 (of 447)

□□□□□□: 1:39:39

□□□□□: 5(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:22    | 4:57         | 5       | 1:45    | 48      | 6:45    | 3.30  | 16:22     | 4:57          | 5       | 1:45    | 48      | 6:45    |
| Schlüsie        | 3.10     | 18:43    | 6:02         | 9       | 2:06    | 52      | 4:53    | 6.40  | 35:05     | 5:28          | 6       | 3:51    | 49      | 9:01    |
| Hermannsklippe  | 2.60     | 15:43    | 6:02         | 5       | 1:28    | 39      | 4:02    | 9.00  | 50:48     | 5:38          | 4       | 5:19    | 41      | 12:58   |
| Brocken         | 3.10     | 24:48    | 8:00         | 6       | 2:04    | 34      | 6:33    | 12.10 | 1:15:36   | 6:14          | 5       | 7:14    | 36      | 19:31   |
| Eiserner Handwe | 3.60     | 16:03    | 4:27         | 10      | 1:28    | 58      | 3:33    | 15.70 | 1:31:39   | 5:50          | 4       | 8:42    | 37      | 23:04   |
| Schlüsie        | 4.10     | 15:16    | 3:43         | 8       | 1:25    | 45      | 2:52    | 19.80 | 1:46:55   | 5:23          | 5       | 10:07   | 37      | 25:54   |
| Loddenke        | 3.10     | 12:34    | 4:03         | 8       | 1:34    | 36      | 2:14    | 22.90 | 1:59:29   | 5:13          | 5       | 11:41   | 36      | 28:08   |
| Ilseburg/Markt  | 3.30     | 13:26    | 4:04         | 6       | 1:33    | 23      | 5:08    | 26.20 | 2:12:55   | 5:04          | 5       | 13:14   | 36      | 33:16   |