



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Kostrewa, Bruno

□□: Dellinger SC

□□: 543

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:15:52

□□: 11.48 km/h

□□□□: 5:11 min/km

□□□□□/□□□: 50 (of 529)

□□□□□/□: 47 (of 447)

□□□□□□: 1:39:39

□□□□□: 2(of 58)

□□□□□□□: 2:02:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:08 | 5:11 | 4 | 2:03 | 89 | 7:31 | 3.30 | 17:08 | 5:11 | 4 | 2:03 | 89 | 7:31 | |
| Schlüsie | 3.10 | 18:41 | 6:01 | 2 | 1:51 | 49 | 4:51 | 6.40 | 35:49 | 5:35 | 3 | 3:54 | 71 | 9:45 | |
| Hermannsklippe | 2.60 | 16:10 | 6:13 | 2 | 1:59 | 58 | 4:29 | 9.00 | 51:59 | 5:46 | 2 | 5:53 | 62 | 14:09 | |
| Brocken | 3.10 | 25:15 | 8:08 | 2 | 2:31 | 42 | 7:00 | 12.10 | 1:17:14 | 6:22 | 2 | 8:24 | 53 | 21:09 | |
| Eiserner Handwe | 3.60 | 16:09 | 4:29 | 4 | 1:18 | 63 | 3:39 | 15.70 | 1:33:23 | 5:56 | 2 | 9:42 | 54 | 24:48 | |
| Schlüsie | 4.10 | 15:22 | 3:44 | 3 | 1:10 | 50 | 2:58 | 19.80 | 1:48:45 | 5:29 | 2 | 10:52 | 51 | 27:44 | |
| Loddenke | 3.10 | 12:43 | 4:06 | 2 | 1:10 | 41 | 2:23 | 22.90 | 2:01:28 | 5:18 | 2 | 12:02 | 48 | 30:07 | |
| Ilseburg/Markt | 3.30 | 14:24 | 4:21 | 2 | 1:20 | 65 | 6:06 | 26.20 | 2:15:52 | 5:11 | 2 | 13:22 | 47 | 36:13 | |