



46. Brockenlauf

Ilseburg / 03.09.2016

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Baumgart, Lutz

□□: Brockenlaufverein

□□: 19

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:22:45

□□: 10.93 km/h

□□□□: 5:27 min/km

□□□□□/□□□: 92 (of 529)

□□□□□/□: 87 (of 447)

□□□□□□: 1:39:39

□□□□□: 1(of 29)

□□□□□□□: 2:22:45

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:04	5:10	1	-	83	7:27	3.30	17:04	5:10	1	-	83	7:27	
Schlüsie	3.10	19:33	6:18	1	-	88	5:43	6.40	36:37	5:43	1	-	85	10:33	
Hermannsklippe	2.60	17:13	6:37	1	-	119	5:32	9.00	53:50	5:58	1	-	92	16:00	
Brocken	3.10	27:35	8:53	2	0:30	110	9:20	12.10	1:21:25	6:43	1	-	97	25:20	
Eiserner Handwe	3.60	17:09	4:45	4	0:44	127	4:39	15.70	1:38:34	6:16	1	-	92	29:59	
Schlüsie	4.10	15:53	3:52	1	-	67	3:29	19.80	1:54:27	5:46	1	-	86	33:26	
Loddenke	3.10	13:17	4:17	2	0:10	81	2:57	22.90	2:07:44	5:34	1	-	86	36:23	
Ilseburg/Markt	3.30	15:01	4:33	2	0:12	97	6:43	26.20	2:22:45	5:26	1	-	87	43:06	