



46. Brockenlauf

Ilseburg / 03.09.2016

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Koch, Imgmar

□□: Oldschool Harz Hill Mann
 □□: 522

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:25:00

□□: 10.76 km/h
 □□□□: 5:32 min/km

□□□□□/□□□□: 105 (of 529)

□□□□□/□: 100 (of 447)

□□□□□□: 1:39:39

□□□□□: 20(of 59)

□□□□□□□: 1:54:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:42	5:21	23	3:42	115	8:05	3.30	17:42	5:21	23	3:42	115	8:05
Schlüsie	3.10	19:41	6:20	19	3:32	97	5:51	6.40	37:23	5:50	21	7:14	101	11:19
Hermannsklippe	2.60	16:34	6:22	12	2:53	79	4:53	9.00	53:57	5:59	17	9:59	94	16:07
Brocken	3.10	27:02	8:43	17	6:36	92	8:47	12.10	1:20:59	6:41	16	15:48	92	24:54
Eiserner Handwe	3.60	18:06	5:01	33	4:45	181	5:36	15.70	1:39:05	6:18	17	20:33	97	30:30
Schlüsie	4.10	17:07	4:10	30	4:26	146	4:43	19.80	1:56:12	5:52	20	24:59	101	35:11
Loddenke	3.10	13:49	4:27	18	3:02	120	3:29	22.90	2:10:01	5:40	19	26:36	99	38:40
Ilseburg/Markt	3.30	14:59	4:32	15	2:51	94	6:41	26.20	2:25:00	5:32	20	30:09	100	45:21