



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Mengert, Lothar

□□: LG Osterwieck
 □□: 551

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:25:39

□□: 10.71 km/h
 □□□□: 5:34 min/km

□□□□□/□□□: 111 (of 529)

□□□□□/□: 106 (of 447)

□□□□□□: 1:39:39

□□□□□: 6(of 58)

□□□□□□□: 2:02:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:23 | 5:34 | 11 | 3:18 | 158 | 8:46 | 3.30 | 18:23 | 5:34 | 11 | 3:18 | 158 | 8:46 |
| Schlüsie | 3.10 | 20:56 | 6:45 | 9 | 4:06 | 146 | 7:06 | 6.40 | 39:19 | 6:08 | 10 | 7:24 | 150 | 13:15 |
| Hermannsklippe | 2.60 | 17:37 | 6:46 | 10 | 3:26 | 152 | 5:56 | 9.00 | 56:56 | 6:19 | 10 | 10:50 | 140 | 19:06 |
| Brocken | 3.10 | 27:35 | 8:53 | 9 | 4:51 | 110 | 9:20 | 12.10 | 1:24:31 | 6:59 | 9 | 15:41 | 129 | 28:26 |
| Eiserner Handwe | 3.60 | 17:02 | 4:43 | 7 | 2:11 | 118 | 4:32 | 15.70 | 1:41:33 | 6:28 | 8 | 17:52 | 128 | 32:58 |
| Schlüsie | 4.10 | 15:53 | 3:52 | 6 | 1:41 | 67 | 3:29 | 19.80 | 1:57:26 | 5:55 | 8 | 19:33 | 114 | 36:25 |
| Loddenke | 3.10 | 13:25 | 4:19 | 6 | 1:52 | 92 | 3:05 | 22.90 | 2:10:51 | 5:42 | 7 | 21:25 | 110 | 39:30 |
| Ilseburg/Markt | 3.30 | 14:48 | 4:29 | 4 | 1:44 | 84 | 6:30 | 26.20 | 2:25:39 | 5:33 | 6 | 23:09 | 106 | 46:00 |