



# 46. Brockenlauf

Ilseburg / 03.09.2016

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**Brem, Thomas**

□□: Emden LG  
 □□: 296

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:26:29

□□: 10.65 km/h  
 □□□□: 5:35 min/km

□□□□□/□□□□: 114 (of 529)

□□□□□/□: 109 (of 447)

□□□□□□: 1:39:39

□□□□□: 19(of 75)

□□□□□□□: 1:57:42

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:44    | 5:40         | 32      | 4:17    | 170     | 9:07    | 3.30  | 18:44     | 5:40          | 32      | 4:17    | 170     | 9:07    |
| Schlüsie        | 3.10     | 21:00    | 6:46         | 29      | 5:10    | 158     | 7:10    | 6.40  | 39:44     | 6:12          | 30      | 9:27    | 164     | 13:40   |
| Hermannsklippe  | 2.60     | 17:23    | 6:41         | 23      | 3:53    | 129     | 5:42    | 9.00  | 57:07     | 6:20          | 26      | 13:20   | 145     | 19:17   |
| Brocken         | 3.10     | 27:36    | 8:54         | 22      | 6:20    | 112     | 9:21    | 12.10 | 1:24:43   | 7:00          | 25      | 19:40   | 131     | 28:38   |
| Eiserner Handwe | 3.60     | 17:13    | 4:46         | 24      | 3:44    | 130     | 4:43    | 15.70 | 1:41:56   | 6:29          | 24      | 23:24   | 131     | 33:21   |
| Schlüsie        | 4.10     | 17:07    | 4:10         | 24      | 4:10    | 146     | 4:43    | 19.80 | 1:59:03   | 6:00          | 23      | 27:34   | 133     | 38:02   |
| Loddenke        | 3.10     | 13:13    | 4:15         | 15      | 2:01    | 78      | 2:53    | 22.90 | 2:12:16   | 5:46          | 23      | 28:49   | 125     | 40:55   |
| Ilseburg/Markt  | 3.30     | 14:13    | 4:18         | 11      | 1:33    | 56      | 5:55    | 26.20 | 2:26:29   | 5:35          | 19      | 28:47   | 109     | 46:50   |