



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Reichelt, Mario

□□: Delligser SC

□□: 301

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:26:42

□□: 10.63 km/h

□□□□: 5:36 min/km

□□□□□/□□□: 118 (of 529)

□□□□□/□: 113 (of 447)

□□□□□□: 1:39:39

□□□□□: 22(of 75)

□□□□□□□: 1:57:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:01 | 4:51 | 6 | 1:34 | 41 | 6:24 | 3.30 | 16:01 | 4:51 | 6 | 1:34 | 41 | 6:24 |
| Schlüsie | 3.10 | 19:10 | 6:10 | 11 | 3:20 | 71 | 5:20 | 6.40 | 35:11 | 5:29 | 8 | 4:54 | 53 | 9:07 |
| Hermannsklippe | 2.60 | 17:15 | 6:38 | 22 | 3:45 | 125 | 5:34 | 9.00 | 52:26 | 5:49 | 11 | 8:39 | 67 | 14:36 |
| Brocken | 3.10 | 29:21 | 9:28 | 35 | 8:05 | 176 | 11:06 | 12.10 | 1:21:47 | 6:45 | 16 | 16:44 | 98 | 25:42 |
| Eiserner Handwe | 3.60 | 18:22 | 5:06 | 33 | 4:53 | 203 | 5:52 | 15.70 | 1:40:09 | 6:22 | 22 | 21:37 | 112 | 31:34 |
| Schlüsie | 4.10 | 17:52 | 4:21 | 34 | 4:55 | 192 | 5:28 | 19.80 | 1:58:01 | 5:57 | 22 | 26:32 | 123 | 37:00 |
| Loddenke | 3.10 | 13:22 | 4:18 | 18 | 2:10 | 88 | 3:02 | 22.90 | 2:11:23 | 5:44 | 21 | 27:56 | 117 | 40:02 |
| Ilseburg/Markt | 3.30 | 15:19 | 4:38 | 25 | 2:39 | 123 | 7:01 | 26.20 | 2:26:42 | 5:35 | 22 | 29:00 | 113 | 47:03 |