



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Bartling, Marcus

□□: Brockenlaufverein
 □□: 269

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:30:27

□□: 10.37 km/h
 □□□□: 5:44 min/km

□□□□□/□□□: 157 (of 529)

□□□□□/□: 149 (of 447)

□□□□□□: 1:39:39

□□□□□: 28(of 59)

□□□□□□□: 1:54:51

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:28 | 5:17 | 22 | 3:28 | 103 | 7:51 | 3.30 | 17:28 | 5:17 | 22 | 3:28 | 103 | 7:51 |
| Schlüsie | 3.10 | 19:35 | 6:19 | 17 | 3:26 | 92 | 5:45 | 6.40 | 37:03 | 5:47 | 19 | 6:54 | 95 | 10:59 |
| Hermannsklippe | 2.60 | 17:14 | 6:37 | 22 | 3:33 | 122 | 5:33 | 9.00 | 54:17 | 6:01 | 20 | 10:19 | 102 | 16:27 |
| Brocken | 3.10 | 29:51 | 9:37 | 32 | 9:25 | 194 | 11:36 | 12.10 | 1:24:08 | 6:57 | 23 | 18:57 | 126 | 28:03 |
| Eiserner Handwe | 3.60 | 18:36 | 5:10 | 37 | 5:15 | 217 | 6:06 | 15.70 | 1:42:44 | 6:32 | 28 | 24:12 | 144 | 34:09 |
| Schlüsie | 4.10 | 17:40 | 4:18 | 32 | 4:59 | 181 | 5:16 | 19.80 | 2:00:24 | 6:04 | 28 | 29:11 | 147 | 39:23 |
| Loddenke | 3.10 | 14:29 | 4:40 | 31 | 3:42 | 179 | 4:09 | 22.90 | 2:14:53 | 5:53 | 28 | 31:28 | 150 | 43:32 |
| Ilseburg/Markt | 3.30 | 15:34 | 4:43 | 21 | 3:26 | 146 | 7:16 | 26.20 | 2:30:27 | 5:44 | 28 | 35:36 | 149 | 50:48 |