



# 46. Brockenlauf

Ilseburg / 03.09.2016

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**Wittig, Christian**

□□: Aerobbis

□□: 110

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:30:47

□□: 10.35 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 159 (of 529)

□□□□□/□: 151 (of 447)

□□□□□□: 1:39:39

□□□□□: 16(of 30)

□□□□□□□: 1:39:39

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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     | 18:01    | 5:27         | 16      | 8:24    | 140     | 8:24    | 3.30  | 18:01     | 5:27          | 16      | 8:24    | 140     | 8:24    |
| Schlüsie        | 3.10     | 20:18    | 6:32         | 14      | 4:24    | 113     | 6:28    | 6.40  | 38:19     | 5:59          | 15      | 12:10   | 126     | 12:15   |
| Hermannsklippe  | 2.60     | 17:45    | 6:49         | 18      | 6:04    | 161     | 6:04    | 9.00  | 56:04     | 6:13          | 15      | 18:14   | 125     | 18:14   |
| Brocken         | 3.10     | 27:45    | 8:57         | 14      | 9:30    | 122     | 9:30    | 12.10 | 1:23:49   | 6:55          | 15      | 27:44   | 119     | 27:44   |
| Eiserner Handwe | 3.60     | 17:42    | 4:54         | 13      | 5:12    | 154     | 5:12    | 15.70 | 1:41:31   | 6:27          | 15      | 32:56   | 125     | 32:56   |
| Schlüsie        | 4.10     | 16:34    | 4:02         | 11      | 4:08    | 112     | 4:10    | 19.80 | 1:58:05   | 5:57          | 14      | 37:04   | 124     | 37:04   |
| Loddenke        | 3.10     | 13:57    | 4:30         | 14      | 3:37    | 136     | 3:37    | 22.90 | 2:12:02   | 5:45          | 14      | 40:41   | 123     | 40:41   |
| Ilseburg/Markt  | 3.30     | 18:45    | 5:40         | 24      | 10:27   | 327     | 10:27   | 26.20 | 2:30:47   | 5:45          | 16      | 51:08   | 151     | 51:08   |