



# 46. Brockenlauf

Ilseburg / 03.09.2016

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Dohnalek, Kai

00: LT Hofgeismar

00: 224

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 2:31:33

00: 10.37 km/h

0000: 5:47 min/km

00000/000: 166 (of 529)

00000/0: 157 (of 447)

000000: 1:39:39

00000: 29(of 59)

0000000: 1:54:51

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| 000             | 00   | 00    | 00     | 00 | 00   | 00  | 00    | 000   | 000     | 000    | 00 | 00    | 00  | 00    |
|-----------------|------|-------|--------|----|------|-----|-------|-------|---------|--------|----|-------|-----|-------|
|                 | km   | 00    | min/km | -  | -    | 0   | 0     | km    | 00      | min/km | -  | -     | 0   | 0     |
| Loddenke        | 3.30 | 18:57 | 5:44   | 37 | 4:57 | 192 | 9:20  | 3.30  | 18:57   | 5:44   | 37 | 4:57  | 192 | 9:20  |
| Schlüsle        | 3.10 | 20:51 | 6:43   | 30 | 4:42 | 140 | 7:01  | 6.40  | 39:48   | 6:13   | 35 | 9:39  | 171 | 13:44 |
| Hermannsklippe  | 2.60 | 17:29 | 6:43   | 27 | 3:48 | 138 | 5:48  | 9.00  | 57:17   | 6:21   | 30 | 13:19 | 157 | 19:27 |
| Brocken         | 3.10 | 29:10 | 9:24   | 27 | 8:44 | 169 | 10:55 | 12.10 | 1:26:27 | 7:08   | 32 | 21:16 | 158 | 30:22 |
| Eiserner Handwe | 3.60 | 16:58 | 4:42   | 23 | 3:37 | 116 | 4:28  | 15.70 | 1:43:25 | 6:35   | 29 | 24:53 | 150 | 34:50 |
| Schlüsle        | 4.10 | 17:00 | 4:08   | 26 | 4:19 | 132 | 4:36  | 19.80 | 2:00:25 | 6:04   | 29 | 29:12 | 148 | 39:24 |
| Loddenke        | 3.10 | 14:15 | 4:35   | 29 | 3:28 | 156 | 3:55  | 22.90 | 2:14:40 | 5:52   | 27 | 31:15 | 148 | 43:19 |
| Ilseburg/Markt  | 3.30 | 16:53 | 5:06   | 39 | 4:45 | 236 | 8:35  | 26.20 | 2:31:33 | 5:47   | 29 | 36:42 | 157 | 51:54 |