



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Rettig, Jens

□□: Team Erdinger Alkoholfrei

□□: 35

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:36:35

□□: 9.96 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 212 (of 529)

□□□□□/□: 199 (of 447)

□□□□□□: 1:39:39

□□□□□: 41(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:12 | 5:30 | 28 | 3:35 | 152 | 8:35 | 3.30 | 18:12 | 5:30 | 28 | 3:35 | 152 | 8:35 |
| Schlüsie | 3.10 | 21:33 | 6:57 | 36 | 4:56 | 194 | 7:43 | 6.40 | 39:45 | 6:12 | 32 | 8:31 | 168 | 13:41 |
| Hermannsklippe | 2.60 | 18:30 | 7:06 | 39 | 4:15 | 216 | 6:49 | 9.00 | 58:15 | 6:28 | 35 | 12:46 | 186 | 20:25 |
| Brocken | 3.10 | 29:33 | 9:31 | 35 | 6:49 | 185 | 11:18 | 12.10 | 1:27:48 | 7:15 | 35 | 19:26 | 180 | 31:43 |
| Eiserner Handwe | 3.60 | 19:00 | 5:16 | 52 | 4:25 | 241 | 6:30 | 15.70 | 1:46:48 | 6:48 | 37 | 23:51 | 191 | 38:13 |
| Schlüsie | 4.10 | 18:51 | 4:35 | 50 | 5:00 | 240 | 6:27 | 19.80 | 2:05:39 | 6:20 | 41 | 28:51 | 203 | 44:38 |
| Loddenke | 3.10 | 14:54 | 4:48 | 42 | 3:54 | 207 | 4:34 | 22.90 | 2:20:33 | 6:08 | 41 | 32:45 | 202 | 49:12 |
| Ilseburg/Markt | 3.30 | 16:02 | 4:51 | 36 | 4:09 | 176 | 7:44 | 26.20 | 2:36:35 | 5:58 | 41 | 36:54 | 199 | 56:56 |