



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Flammer, Frank

□□: Hannover
 □□: 392

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:39:30

□□: 9.78 km/h
 □□□□: 6:05 min/km

□□□□□/□□□: 237 (of 529)

□□□□□/□: 218 (of 447)

□□□□□□: 1:39:39

□□□□□: 40(of 75)

□□□□□□□: 1:57:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:17 | 6:08 | 53 | 5:50 | 287 | 10:40 | 3.30 | 20:17 | 6:08 | 53 | 5:50 | 287 | 10:40 |
| Schlüsie | 3.10 | 22:41 | 7:19 | 50 | 6:51 | 259 | 8:51 | 6.40 | 42:58 | 6:42 | 53 | 12:41 | 268 | 16:54 |
| Hermannsklippe | 2.60 | 18:18 | 7:02 | 35 | 4:48 | 201 | 6:37 | 9.00 | 1:01:16 | 6:48 | 50 | 17:29 | 250 | 23:26 |
| Brocken | 3.10 | 27:02 | 8:43 | 19 | 5:46 | 92 | 8:47 | 12.10 | 1:28:18 | 7:17 | 37 | 23:15 | 188 | 32:13 |
| Eiserner Handwe | 3.60 | 19:46 | 5:29 | 51 | 6:17 | 269 | 7:16 | 15.70 | 1:48:04 | 6:52 | 38 | 29:32 | 209 | 39:29 |
| Schlüsie | 4.10 | 20:58 | 5:06 | 61 | 8:01 | 338 | 8:34 | 19.80 | 2:09:02 | 6:31 | 45 | 37:33 | 234 | 48:01 |
| Loddenke | 3.10 | 14:55 | 4:48 | 38 | 3:43 | 212 | 4:35 | 22.90 | 2:23:57 | 6:17 | 44 | 40:30 | 226 | 52:36 |
| Ilseburg/Markt | 3.30 | 15:33 | 4:42 | 30 | 2:53 | 145 | 7:15 | 26.20 | 2:39:30 | 6:05 | 40 | 41:48 | 218 | 59:51 |