



46. Brockenlauf

Ilseburg / 03.09.2016

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Gruschak, Wolfgang

□□: Trailrunning Harz
 □□: 502

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:41:01

□□: 9.69 km/h
 □□□□: 6:09 min/km

□□□□□/□□□: 253 (of 529)

□□□□□/□: 229 (of 447)

□□□□□□: 1:39:39

□□□□□: 20(of 58)

□□□□□□□: 2:02:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:45	5:59	23	4:40	247	10:08	3.30	19:45	5:59	23	4:40	247	10:08
Schlüsie	3.10	22:21	7:12	22	5:31	243	8:31	6.40	42:06	6:34	23	10:11	242	16:02
Hermannsklippe	2.60	18:34	7:08	22	4:23	220	6:53	9.00	1:00:40	6:44	22	14:34	239	22:50
Brocken	3.10	31:10	10:03	23	8:26	243	12:55	12.10	1:31:50	7:35	23	23:00	248	35:45
Eiserner Handwe	3.60	17:47	4:56	11	2:56	162	5:17	15.70	1:49:37	6:58	20	25:56	231	41:02
Schlüsie	4.10	17:36	4:17	14	3:24	173	5:12	19.80	2:07:13	6:25	19	29:20	216	46:12
Loddenke	3.10	15:10	4:53	20	3:37	229	4:50	22.90	2:22:23	6:13	20	32:57	216	51:02
Ilseburg/Markt	3.30	18:38	5:38	42	5:34	323	10:20	26.20	2:41:01	6:08	20	38:31	229	1:01:22