



46. Brockenlauf

Ilseburg / 03.09.2016

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Dr.Hafner, Oliver

□□: VfL Bückeberg

□□: 237

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:42:01

□□: 9.63 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 260 (of 529)

□□□□□/□: 235 (of 447)

□□□□□□: 1:39:39

□□□□□: 46(of 85)

□□□□□□□: 1:59:41

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:25	6:29	73	6:48	344	11:48	3.30	21:25	6:29	73	6:48	344	11:48
Schlüsie	3.10	23:50	7:41	62	7:13	305	10:00	6.40	45:15	7:04	68	14:01	335	19:11
Hermannsklippe	2.60	19:49	7:37	58	5:34	296	8:08	9.00	1:05:04	7:13	63	19:35	317	27:14
Brocken	3.10	30:51	9:57	44	8:07	231	12:36	12.10	1:35:55	7:55	55	27:33	289	39:50
Eiserner Handwe	3.60	17:31	4:51	31	2:56	145	5:01	15.70	1:53:26	7:13	49	30:29	266	44:51
Schlüsie	4.10	18:04	4:24	41	4:13	200	5:40	19.80	2:11:30	6:38	48	34:42	257	50:29
Loddenke	3.10	15:30	5:00	47	4:30	258	5:10	22.90	2:27:00	6:25	48	39:12	254	55:39
Ilseburg/Markt	3.30	15:01	4:33	19	3:08	97	6:43	26.20	2:42:01	6:11	46	42:20	235	1:02:22