



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Näther, Ronny

□□: LTSV Forst
 □□: 96

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:42:03

□□: 9.63 km/h
 □□□□: 6:11 min/km

□□□□□/□□□: 261 (of 529)

□□□□□/□: 236 (of 447)

□□□□□□: 1:39:39

□□□□□: 33(of 50)

□□□□□□□: 1:56:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:25 | 5:53 | 26 | 5:21 | 219 | 9:48 | 3.30 | 19:25 | 5:53 | 26 | 5:21 | 219 | 9:48 |
| Schlüsie | 3.10 | 21:35 | 6:57 | 27 | 5:42 | 198 | 7:45 | 6.40 | 41:00 | 6:24 | 27 | 11:03 | 210 | 14:56 |
| Hermannsklippe | 2.60 | 18:16 | 7:01 | 28 | 4:40 | 198 | 6:35 | 9.00 | 59:16 | 6:35 | 27 | 15:43 | 207 | 21:26 |
| Brocken | 3.10 | 31:30 | 10:09 | 34 | 10:33 | 262 | 13:15 | 12.10 | 1:30:46 | 7:30 | 29 | 26:16 | 233 | 34:41 |
| Eiserner Handwe | 3.60 | 17:44 | 4:55 | 24 | 3:53 | 157 | 5:14 | 15.70 | 1:48:30 | 6:54 | 30 | 30:09 | 218 | 39:55 |
| Schlüsie | 4.10 | 18:25 | 4:29 | 28 | 5:09 | 220 | 6:01 | 19.80 | 2:06:55 | 6:24 | 29 | 35:18 | 215 | 45:54 |
| Loddenke | 3.10 | 15:40 | 5:03 | 35 | 4:02 | 266 | 5:20 | 22.90 | 2:22:35 | 6:13 | 29 | 39:10 | 217 | 51:14 |
| Ilseburg/Markt | 3.30 | 19:28 | 5:53 | 42 | 6:32 | 351 | 11:10 | 26.20 | 2:42:03 | 6:11 | 33 | 45:09 | 236 | 1:02:24 |