



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Pieren, Rémy

□□: Zürich
□□: 16

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M55 (55-59 Jahre)

□□□: 2:42:49

□□: 9.58 km/h
□□□□: 6:13 min/km

□□□□□/□□□: 269 (of 529)

□□□□□/□: 244 (of 447)

□□□□□□: 1:39:39

□□□□□: 24(of 58)

□□□□□□□: 2:02:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:52 | 5:43 | 14 | 3:47 | 185 | 9:15 | 3.30 | 18:52 | 5:43 | 14 | 3:47 | 185 | 9:15 | |
| Schlüsie | 3.10 | 21:48 | 7:01 | 17 | 4:58 | 211 | 7:58 | 6.40 | 40:40 | 6:21 | 17 | 8:45 | 199 | 14:36 | |
| Hermannsklippe | 2.60 | 18:29 | 7:06 | 20 | 4:18 | 214 | 6:48 | 9.00 | 59:09 | 6:34 | 18 | 13:03 | 203 | 21:19 | |
| Brocken | 3.10 | 31:22 | 10:07 | 24 | 8:38 | 251 | 13:07 | 12.10 | 1:30:31 | 7:28 | 20 | 21:41 | 224 | 34:26 | |
| Eiserner Handwe | 3.60 | 20:26 | 5:40 | 34 | 5:35 | 307 | 7:56 | 15.70 | 1:50:57 | 7:04 | 24 | 27:16 | 241 | 42:22 | |
| Schlüsie | 4.10 | 19:59 | 4:52 | 31 | 5:47 | 300 | 7:35 | 19.80 | 2:10:56 | 6:36 | 25 | 33:03 | 247 | 49:55 | |
| Loddenke | 3.10 | 15:12 | 4:54 | 23 | 3:39 | 233 | 4:52 | 22.90 | 2:26:08 | 6:22 | 24 | 36:42 | 244 | 54:47 | |
| Ilseburg/Markt | 3.30 | 16:41 | 5:03 | 22 | 3:37 | 220 | 8:23 | 26.20 | 2:42:49 | 6:12 | 24 | 40:19 | 244 | 1:03:10 | |