



46. Brockenlauf

Ilseburg / 03.09.2016

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Straube, Jens

□□: Bennewitz
 □□: 68

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:43:31

□□: 9.54 km/h
 □□□□: 6:14 min/km

□□□□□/□□□: 276 (of 529)

□□□□□/□: 251 (of 447)

□□□□□□: 1:39:39

□□□□□: 48(of 85)

□□□□□□□: 1:59:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:55	5:07	17	2:18	80	7:18	3.30	16:55	5:07	17	2:18	80	7:18	
Schlüsie	3.10	18:53	6:05	10	2:16	60	5:03	6.40	35:48	5:35	14	4:34	70	9:44	
Hermannsklippe	2.60	16:30	6:20	16	2:15	75	4:49	9.00	52:18	5:48	13	6:49	66	14:28	
Brocken	3.10	26:45	8:37	18	4:01	83	8:30	12.10	1:19:03	6:31	15	10:41	70	22:58	
Eiserner Handwe	3.60	22:58	6:22	75	8:23	385	10:28	15.70	1:42:01	6:29	26	19:04	132	33:26	
Schlüsie	4.10	21:33	5:15	67	7:42	356	9:09	19.80	2:03:34	6:14	34	26:46	179	42:33	
Loddenke	3.10	21:32	6:56	76	10:32	418	11:12	22.90	2:25:06	6:20	46	37:18	237	53:45	
Ilseburg/Markt	3.30	18:25	5:34	63	6:32	316	10:07	26.20	2:43:31	6:14	48	43:50	251	1:03:52	