



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Wiekenberg, Sven-Hendrik

□□: Bad Pyrmont

□□: 297

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 2:45:15

□□: 9.44 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 287 (of 529)

□□□□□/□: 261 (of 447)

□□□□□□: 1:39:39

□□□□□: 23(of 36)

□□□□□□□: 1:42:44

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:10	6:24	30	8:56	337	11:33	3.30	21:10	6:24	30	8:56	337	11:33
Schlüsie	3.10	23:33	7:35	26	9:43	291	9:43	6.40	44:43	6:59	29	18:39	313	18:39
Hermannsklippe	2.60	18:32	7:07	22	6:42	219	6:51	9.00	1:03:15	7:01	26	25:21	283	25:25
Brocken	3.10	29:41	9:34	20	11:23	190	11:26	12.10	1:32:56	7:40	23	36:44	257	36:51
Eiserner Handwe	3.60	20:10	5:36	25	7:39	297	7:40	15.70	1:53:06	7:12	24	44:23	263	44:31
Schlüsie	4.10	19:15	4:41	25	6:51	265	6:51	19.80	2:12:21	6:41	24	51:14	269	51:20
Loddenke	3.10	15:31	5:00	25	5:10	260	5:11	22.90	2:27:52	6:27	23	56:24	265	56:31
Ilseburg/Markt	3.30	17:23	5:16	23	6:07	267	9:05	26.20	2:45:15	6:18	23	1:02:31	261	1:05:36