



46. Brockenlauf

Ilseburg / 03.09.2016

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Leipelt, Markus

□□: MTV Vorsfelde
 □□: 582

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:47:11

□□: 9.33 km/h
 □□□□: 6:23 min/km

□□□□□/□□□: 303 (of 529)

□□□□□/□: 275 (of 447)

□□□□□□: 1:39:39

□□□□□: 52(of 85)

□□□□□□□: 1:59:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:57	6:39	76	7:20	365	12:20	3.30	21:57	6:39	76	7:20	365	12:20
Schlüsie	3.10	24:03	7:45	64	7:26	316	10:13	6.40	46:00	7:11	71	14:46	345	19:56
Hermannsklippe	2.60	19:48	7:36	57	5:33	295	8:07	9.00	1:05:48	7:18	69	20:19	330	27:58
Brocken	3.10	30:38	9:52	42	7:54	222	12:23	12.10	1:36:26	7:58	56	28:04	296	40:21
Eiserner Handwe	3.60	20:25	5:40	57	5:50	306	7:55	15.70	1:56:51	7:26	57	33:54	297	48:16
Schlüsie	4.10	19:38	4:47	55	5:47	282	7:14	19.80	2:16:29	6:53	56	39:41	293	55:28
Loddenke	3.10	14:44	4:45	38	3:44	194	4:24	22.90	2:31:13	6:36	53	43:25	281	59:52
Ilseburg/Markt	3.30	15:58	4:50	35	4:05	172	7:40	26.20	2:47:11	6:22	52	47:30	275	1:07:32