



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Hillebrand, Josef

□□: Non-Stop-Ultra,Brakel

□□: 415

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:49:25

□□: 9.21 km/h

□□□□: 6:28 min/km

□□□□□/□□□□: 317 (of 529)

□□□□□/□: 287 (of 447)

□□□□□□: 1:39:39

□□□□□: 11(of 29)

□□□□□□□: 2:22:45

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:28	6:48	22	5:24	385	12:51	3.30	22:28	6:48	22	5:24	385	12:51
Schlüsie	3.10	25:33	8:14	18	6:00	382	11:43	6.40	48:01	7:30	23	11:24	388	21:57
Hermannsklippe	2.60	20:11	7:45	17	2:58	322	8:30	9.00	1:08:12	7:34	19	14:22	361	30:22
Brocken	3.10	31:56	10:18	12	4:51	286	13:41	12.10	1:40:08	8:16	17	18:43	338	44:03
Eiserner Handwe	3.60	18:16	5:04	8	1:51	193	5:46	15.70	1:58:24	7:32	14	19:50	310	49:49
Schlüsie	4.10	17:47	4:20	7	1:54	187	5:23	19.80	2:16:11	6:52	11	21:44	290	55:10
Loddenke	3.10	15:17	4:55	9	2:10	243	4:57	22.90	2:31:28	6:36	10	23:44	284	1:00:07
Ilseburg/Markt	3.30	17:57	5:26	15	3:08	291	9:39	26.20	2:49:25	6:27	11	26:40	287	1:09:46