



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Bergmann, Joerg

□□: SG Töplitz 1922 e.V.

□□: 426

Enduro Long Men

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:50:21

□□: - km/h

□□□□: 6:30 min/km

□□□□□/□□□: 322 (of 529)

□□□□□/□: 290 (of 447)

□□□□□□: 1:39:39

□□□□□: 56(of 75)

□□□□□□□: 1:57:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:33 | 6:31 | 65 | 7:06 | 350 | 11:56 | 3.30 | 21:33 | 6:31 | 65 | 7:06 | 350 | 11:56 |
| Schlüsie | 3.10 | 23:14 | 7:29 | 58 | 7:24 | 281 | 9:24 | 6.40 | 44:47 | 6:59 | 58 | 14:30 | 317 | 18:43 |
| Hermannsklippe | 2.60 | 19:22 | 7:26 | 52 | 5:52 | 268 | 7:41 | 9.00 | 1:04:09 | 7:07 | 58 | 20:22 | 298 | 26:19 |
| Brocken | 3.10 | 31:50 | 10:16 | 53 | 10:34 | 281 | 13:35 | 12.10 | 1:35:59 | 7:55 | 55 | 30:56 | 291 | 39:54 |
| Eiserner Handwe | 3.60 | 19:59 | 5:33 | 54 | 6:30 | 287 | 7:29 | 15.70 | 1:55:58 | 7:23 | 56 | 37:26 | 288 | 47:23 |
| Schlüsie | 4.10 | 21:52 | 5:20 | 65 | 8:55 | 365 | 9:28 | 19.80 | 2:17:50 | 6:57 | 58 | 46:21 | 303 | 56:49 |
| Loddenke | 3.10 | 16:19 | 5:15 | 56 | 5:07 | 309 | 5:59 | 22.90 | 2:34:09 | 6:43 | 58 | 50:42 | 301 | 1:02:48 |
| Ilseburg/Markt | 3.30 | 16:12 | 4:54 | 40 | 3:32 | 189 | 7:54 | - | 2:50:21 | - | 56 | 52:39 | 290 | 1:10:42 |