



46. Brockenlauf

Ilsenburg / 03.09.2016

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Anlauf, Carsten

□□: Iserlohn
 □□: 181

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Männer (20-29 Jahre)

□□□: 2:50:41

□□: 9.14 km/h
 □□□□: 6:31 min/km

□□□□□/□□□□: 325 (of 529)

□□□□□/□: 293 (of 447)

□□□□□□: 1:39:39

□□□□□: 25(of 36)

□□□□□□□: 1:42:44

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:27 | 6:11 | 28 | 8:13 | 294 | 10:50 | 3.30 | 20:27 | 6:11 | 28 | 8:13 | 294 | 10:50 |
| Schlüsie | 3.10 | 22:28 | 7:14 | 23 | 8:38 | 250 | 8:38 | 6.40 | 42:55 | 6:42 | 24 | 16:51 | 267 | 16:51 |
| Hermannsklippe | 2.60 | 18:48 | 7:13 | 24 | 6:58 | 233 | 7:07 | 9.00 | 1:01:43 | 6:51 | 24 | 23:49 | 261 | 23:53 |
| Brocken | 3.10 | 33:03 | 10:39 | 26 | 14:45 | 316 | 14:48 | 12.10 | 1:34:46 | 7:49 | 25 | 38:34 | 279 | 38:41 |
| Eiserner Handwe | 3.60 | 21:38 | 6:00 | 30 | 9:07 | 353 | 9:08 | 15.70 | 1:56:24 | 7:24 | 25 | 47:41 | 291 | 47:49 |
| Schlüsie | 4.10 | 19:50 | 4:50 | 27 | 7:26 | 290 | 7:26 | 19.80 | 2:16:14 | 6:52 | 25 | 55:07 | 292 | 55:13 |
| Loddenke | 3.10 | 16:28 | 5:18 | 31 | 6:07 | 319 | 6:08 | 22.90 | 2:32:42 | 6:40 | 25 | 1:01:14 | 293 | 1:01:21 |
| Ilsenburg/Markt | 3.30 | 17:59 | 5:26 | 27 | 6:43 | 297 | 9:41 | 26.20 | 2:50:41 | 6:30 | 25 | 1:07:57 | 293 | 1:11:02 |