



46. Brockenlauf

Ilseburg / 03.09.2016

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Rohr, Michael

□□: Wernigerode

□□: 21

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 2:52:00

□□: 9.07 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 337 (of 529)

□□□□□/□: 300 (of 447)

□□□□□□: 1:39:39

□□□□□: 4(of 15)

□□□□□□□: 2:29:52

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:08	6:42	8	4:10	375	12:31	3.30	22:08	6:42	8	4:10	375	12:31
Schlüsie	3.10	24:01	7:44	5	3:02	314	10:11	6.40	46:09	7:12	6	7:12	351	20:05
Hermannsklippe	2.60	20:03	7:42	4	2:05	305	8:22	9.00	1:06:12	7:21	5	9:17	336	28:22
Brocken	3.10	30:12	9:44	2	1:45	207	11:57	12.10	1:36:24	7:58	4	11:02	295	40:19
Eiserner Handwe	3.60	20:34	5:42	7	3:02	314	8:04	15.70	1:56:58	7:27	4	14:04	298	48:23
Schlüsie	4.10	20:28	4:59	6	3:36	323	8:04	19.80	2:17:26	6:56	4	17:40	301	56:25
Loddenke	3.10	16:30	5:19	4	2:06	321	6:10	22.90	2:33:56	6:43	4	19:46	300	1:02:35
Ilseburg/Markt	3.30	18:04	5:28	5	2:22	302	9:46	26.20	2:52:00	6:33	4	22:08	300	1:12:21