



46. Brockenlauf

Ilseburg / 03.09.2016

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Jakob, Philipp

□□: Martinroda
 □□: 197

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:56:05

□□: 8.86 km/h
 □□□□: 6:43 min/km

□□□□□/□□□: 373 (of 529)

□□□□□/□: 330 (of 447)

□□□□□□: 1:39:39

□□□□□: 62(of 75)

□□□□□□□: 1:57:42

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:58	6:21	58	6:31	320	11:21	3.30	20:58	6:21	58	6:31	320	11:21
Schlüsie	3.10	23:57	7:43	60	8:07	312	10:07	6.40	44:55	7:01	59	14:38	322	18:51
Hermannsklippe	2.60	20:05	7:43	59	6:35	308	8:24	9.00	1:05:00	7:13	60	21:13	316	27:10
Brocken	3.10	34:16	11:03	61	13:00	341	16:01	12.10	1:39:16	8:12	61	34:13	325	43:11
Eiserner Handwe	3.60	20:18	5:38	57	6:49	301	7:48	15.70	1:59:34	7:36	61	41:02	324	50:59
Schlüsie	4.10	20:08	4:54	56	7:11	306	7:44	19.80	2:19:42	7:03	61	48:13	324	58:41
Loddenke	3.10	16:27	5:18	59	5:15	317	6:07	22.90	2:36:09	6:49	61	52:42	319	1:04:48
Ilseburg/Markt	3.30	19:56	6:02	67	7:16	365	11:38	26.20	2:56:05	6:43	62	58:23	330	1:16:26