



46. Brockenlauf

Ilseburg / 03.09.2016

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Reuß, Steffen

□□: Ballenstedt
 □□: 356

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:56:45

□□: 8.83 km/h
 □□□□: 6:45 min/km

□□□□□/□□□: 378 (of 529)

□□□□□/□: 332 (of 447)

□□□□□□: 1:39:39

□□□□□: 64(of 85)

□□□□□□□: 1:59:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:51	6:00	53	5:14	260	10:14	3.30	19:51	6:00	53	5:14	260	10:14
Schlüsie	3.10	23:42	7:38	58	7:05	297	9:52	6.40	43:33	6:48	57	12:19	286	17:29
Hermannsklippe	2.60	19:26	7:28	51	5:11	272	7:45	9.00	1:02:59	6:59	53	17:30	277	25:09
Brocken	3.10	26:30	8:32	15	3:46	76	8:15	12.10	1:29:29	7:23	41	21:07	210	33:24
Eiserner Handwe	3.60	32:45	9:05	85	18:10	444	20:15	15.70	2:02:14	7:47	67	39:17	352	53:39
Schlüsie	4.10	20:11	4:55	57	6:20	310	7:47	19.80	2:22:25	7:11	66	45:37	346	1:01:24
Loddenke	3.10	16:07	5:11	53	5:07	295	5:47	22.90	2:38:32	6:55	64	50:44	334	1:07:11
Ilseburg/Markt	3.30	18:13	5:31	59	6:20	308	9:55	26.20	2:56:45	6:44	64	57:04	332	1:17:06