



46. Brockenlauf

Ilseburg / 03.09.2016

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Thater, Ralf

□□: LSF Oldenburg
 □□: 103

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:56:52

□□: 8.82 km/h
 □□□□: 6:45 min/km

□□□□□/□□□: 379 (of 529)

□□□□□/□: 333 (of 447)

□□□□□□: 1:39:39

□□□□□: 40(of 58)

□□□□□□□: 2:02:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:33	6:13	38	5:28	303	10:56	3.30	20:33	6:13	38	5:28	303	10:56
Schlüsie	3.10	24:02	7:45	37	7:12	315	10:12	6.40	44:35	6:57	36	12:40	307	18:31
Hermannsklippe	2.60	20:05	7:43	35	5:54	308	8:24	9.00	1:04:40	7:11	37	18:34	307	26:50
Brocken	3.10	36:09	11:39	47	13:25	379	17:54	12.10	1:40:49	8:19	43	31:59	343	44:44
Eiserner Handwe	3.60	20:51	5:47	37	6:00	322	8:21	15.70	2:01:40	7:44	42	37:59	344	53:05
Schlüsie	4.10	20:34	5:00	40	6:22	328	8:10	19.80	2:22:14	7:11	43	44:21	345	1:01:13
Loddenke	3.10	16:40	5:22	39	5:07	328	6:20	22.90	2:38:54	6:56	42	49:28	340	1:07:33
Ilseburg/Markt	3.30	17:58	5:26	34	4:54	293	9:40	26.20	2:56:52	6:45	40	54:22	333	1:17:13