



46. Brockenlauf

Ilseburg / 03.09.2016

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Jordan, Thimo

□□: Bundeswehr Blankenburg
 □□: 501

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 3:00:32

□□: 8.64 km/h
 □□□□: 6:53 min/km

□□□□□/□□□: 403 (of 529)

□□□□□/□: 354 (of 447)

□□□□□□: 1:39:39

□□□□□: 26(of 30)

□□□□□□□: 1:39:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:39	5:20	11	8:02	112	8:02	3.30	17:39	5:20	11	8:02	112	8:02
Schlüsie	3.10	24:13	7:48	25	8:19	321	10:23	6.40	41:52	6:32	22	15:43	229	15:48
Hermannsklippe	2.60	23:12	8:55	30	11:31	400	11:31	9.00	1:05:04	7:13	25	27:14	317	27:14
Brocken	3.10	34:24	11:05	26	16:09	345	16:09	12.10	1:39:28	8:13	25	43:23	330	43:23
Eiserner Handwe	3.60	20:07	5:35	25	7:37	296	7:37	15.70	1:59:35	7:37	25	51:00	325	51:00
Schlüsie	4.10	22:00	5:21	27	9:34	369	9:36	19.80	2:21:35	7:09	26	1:00:34	339	1:00:34
Loddenke	3.10	18:39	6:00	28	8:19	382	8:19	22.90	2:40:14	6:59	26	1:08:53	347	1:08:53
Ilseburg/Markt	3.30	20:18	6:09	27	12:00	375	12:00	26.20	3:00:32	6:53	26	1:20:53	354	1:20:53