



46. Brockenlauf

Ilseburg / 03.09.2016

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Voss, Gerald

□□: TV Rennerod Run for Fun
 □□: 334

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:03:08

□□: 8.52 km/h
 □□□□: 6:59 min/km

□□□□□/□□□: 409 (of 529)

□□□□□/□: 360 (of 447)

□□□□□□: 1:39:39

□□□□□: 63(of 75)

□□□□□□□: 1:57:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:22	6:10	54	5:55	290	10:45	3.30	20:22	6:10	54	5:55	290	10:45
Schlüsie	3.10	24:36	7:56	62	8:46	345	10:46	6.40	44:58	7:01	60	14:41	323	18:54
Hermannsklippe	2.60	20:44	7:58	62	7:14	340	9:03	9.00	1:05:42	7:18	61	21:55	326	27:52
Brocken	3.10	35:38	11:29	66	14:22	367	17:23	12.10	1:41:20	8:22	62	36:17	351	45:15
Eiserner Handwe	3.60	23:23	6:29	67	9:54	397	10:53	15.70	2:04:43	7:56	63	46:11	361	56:08
Schlüsie	4.10	21:46	5:18	64	8:49	362	9:22	19.80	2:26:29	7:23	63	55:00	365	1:05:28
Loddenke	3.10	17:21	5:35	68	6:09	358	7:01	22.90	2:43:50	7:09	63	1:00:23	360	1:12:29
Ilseburg/Markt	3.30	19:18	5:50	61	6:38	345	11:00	26.20	3:03:08	6:59	63	1:05:26	360	1:23:29