



46. Brockenlauf

Ilseburg / 03.09.2016

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Hübscher, Adolf

□□: kleines fenn
 □□: 142

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:05:48

□□: 8.40 km/h
 □□□□: 7:05 min/km

□□□□□/□□□: 420 (of 529)

□□□□□/□: 366 (of 447)

□□□□□□: 1:39:39

□□□□□: 45(of 58)

□□□□□□□: 2:02:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:17	5:50	21	4:12	214	9:40	3.30	19:17	5:50	21	4:12	214	9:40
Schlüsie	3.10	23:55	7:42	36	7:05	310	10:05	6.40	43:12	6:45	29	11:17	273	17:08
Hermannsklippe	2.60	21:21	8:12	44	7:10	359	9:40	9.00	1:04:33	7:10	36	18:27	304	26:43
Brocken	3.10	34:10	11:01	40	11:26	338	15:55	12.10	1:38:43	8:09	38	29:53	319	42:38
Eiserner Handwe	3.60	21:55	6:05	45	7:04	364	9:25	15.70	2:00:38	7:41	39	36:57	331	52:03
Schlüsie	4.10	21:15	5:10	43	7:03	350	8:51	19.80	2:21:53	7:09	41	44:00	341	1:00:52
Loddenke	3.10	20:22	6:34	50	8:49	406	10:02	22.90	2:42:15	7:05	44	52:49	353	1:10:54
Ilseburg/Markt	3.30	23:33	7:08	49	10:29	416	15:15	26.20	3:05:48	7:05	45	1:03:18	366	1:26:09