



46. Brockenlauf

Ilseburg / 03.09.2016

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Hildewerth, Sascha

□□: Ocr heidesprinter
 □□: 591

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:06:16

□□: 8.38 km/h
 □□□□: 7:07 min/km

□□□□□/□□□□: 424 (of 529)

□□□□□/□: 369 (of 447)

□□□□□□: 1:39:39

□□□□□: 54(of 59)

□□□□□□□: 1:54:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:21	7:04	57	9:21	410	13:44	3.30	23:21	7:04	57	9:21	410	13:44
Schlüsie	3.10	24:37	7:56	53	8:28	347	10:47	6.40	47:58	7:29	55	17:49	384	21:54
Hermannsklippe	2.60	20:26	7:51	50	6:45	328	8:45	9.00	1:08:24	7:36	54	24:26	367	30:34
Brocken	3.10	36:59	11:55	56	16:33	388	18:44	12.10	1:45:23	8:42	55	40:12	380	49:18
Eiserner Handwe	3.60	22:59	6:23	54	9:38	388	10:29	15.70	2:08:22	8:10	55	49:50	381	59:47
Schlüsie	4.10	22:56	5:35	53	10:15	389	10:32	19.80	2:31:18	7:38	55	1:00:05	381	1:10:17
Loddenke	3.10	18:09	5:51	50	7:22	373	7:49	22.90	2:49:27	7:23	54	1:06:02	379	1:18:06
Ilseburg/Markt	3.30	16:49	5:05	35	4:41	226	8:31	26.20	3:06:16	7:06	54	1:11:25	369	1:26:37