



46. Brockenlauf

Ilseburg / 03.09.2016

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Popper, Norbert

□□: Parsteinsee
 □□: 45

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:07:36

□□: 8.32 km/h
 □□□□: 7:10 min/km

□□□□□/□□□: 431 (of 529)

□□□□□/□: 375 (of 447)

□□□□□□: 1:39:39

□□□□□: 66(of 75)

□□□□□□□: 1:57:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:29	6:30	64	7:02	348	11:52	3.30	21:29	6:30	64	7:02	348	11:52
Schlüsie	3.10	24:37	7:56	63	8:47	347	10:47	6.40	46:06	7:12	65	15:49	349	20:02
Hermannsklippe	2.60	21:38	8:19	65	8:08	370	9:57	9.00	1:07:44	7:31	64	23:57	357	29:54
Brocken	3.10	37:18	12:01	70	16:02	395	19:03	12.10	1:45:02	8:40	67	39:59	376	48:57
Eiserner Handwe	3.60	23:25	6:30	68	9:56	398	10:55	15.70	2:08:27	8:10	68	49:55	383	59:52
Schlüsie	4.10	22:35	5:30	68	9:38	382	10:11	19.80	2:31:02	7:37	66	59:33	378	1:10:01
Loddenke	3.10	17:20	5:35	66	6:08	356	7:00	22.90	2:48:22	7:21	67	1:04:55	374	1:17:01
Ilseburg/Markt	3.30	19:14	5:49	60	6:34	343	10:56	26.20	3:07:36	7:09	66	1:09:54	375	1:27:57