



46. Brockenlauf

Ilseburg / 03.09.2016

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Wetzstein, Andreas

□□: Wildeshausen
 □□: 250

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:08:52

□□: 8.26 km/h
 □□□□: 7:13 min/km

□□□□□/□□□: 437 (of 529)

□□□□□/□: 380 (of 447)

□□□□□□: 1:39:39

□□□□□: 71(of 85)

□□□□□□□: 1:59:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:34	6:13	62	5:57	304	10:57	3.30	20:34	6:13	62	5:57	304	10:57
Schlüsie	3.10	23:36	7:36	57	6:59	294	9:46	6.40	44:10	6:54	60	12:56	294	18:06
Hermannsklippe	2.60	22:23	8:36	72	8:08	382	10:42	9.00	1:06:33	7:23	72	21:04	345	28:43
Brocken	3.10	37:04	11:57	75	14:20	391	18:49	12.10	1:43:37	8:33	72	35:15	368	47:32
Eiserner Handwe	3.60	23:20	6:28	76	8:45	395	10:50	15.70	2:06:57	8:05	72	44:00	372	58:22
Schlüsie	4.10	21:46	5:18	69	7:55	362	9:22	19.80	2:28:43	7:30	72	51:55	374	1:07:42
Loddenke	3.10	18:37	6:00	71	7:37	380	8:17	22.90	2:47:20	7:18	71	59:32	370	1:15:59
Ilseburg/Markt	3.30	21:32	6:31	75	9:39	392	13:14	26.20	3:08:52	7:12	71	1:09:11	380	1:29:13