



46. Brockenlauf

Ilseburg / 03.09.2016

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Keen, Jens

□□: ASFM / TEA

□□: 283

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:11:03

□□: 8.17 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 447 (of 529)

□□□□□/□: 388 (of 447)

□□□□□□: 1:39:39

□□□□□: 73(of 85)

□□□□□□□: 1:59:41

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:13	6:43	77	7:36	380	12:36	3.30	22:13	6:43	77	7:36	380	12:36
Schlüsie	3.10	25:32	8:14	75	8:55	379	11:42	6.40	47:45	7:27	76	16:31	379	21:41
Hermannsklippe	2.60	23:15	8:56	75	9:00	402	11:34	9.00	1:11:00	7:53	76	25:31	397	33:10
Brocken	3.10	36:44	11:50	73	14:00	386	18:29	12.10	1:47:44	8:54	74	39:22	392	51:39
Eiserner Handwe	3.60	27:14	7:33	84	12:39	434	14:44	15.70	2:14:58	8:35	78	52:01	411	1:06:23
Schlüsie	4.10	21:12	5:10	64	7:21	348	8:48	19.80	2:36:10	7:53	77	59:22	398	1:15:09
Loddenke	3.10	16:55	5:27	66	5:55	338	6:35	22.90	2:53:05	7:33	75	1:05:17	392	1:21:44
Ilseburg/Markt	3.30	17:58	5:26	55	6:05	293	9:40	26.20	3:11:03	7:17	73	1:11:22	388	1:31:24