



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Kohl, Michael

□□: 572

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 3:11:06

□□: 8.16 km/h
□□□□: 7:17 min/km

□□□□□/□□□: 448 (of 529)

□□□□□/□: 389 (of 447)

□□□□□□: 1:39:39

□□□□□: 74(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:44	5:58	51	5:07	245	10:07	3.30	19:44	5:58	51	5:07	245	10:07	
Schlüsie	3.10	24:30	7:54	71	7:53	339	10:40	6.40	44:14	6:54	62	13:00	296	18:10	
Hermannsklippe	2.60	21:08	8:07	69	6:53	353	9:27	9.00	1:05:22	7:15	65	19:53	322	27:32	
Brocken	3.10	36:02	11:37	70	13:18	372	17:47	12.10	1:41:24	8:22	70	33:02	353	45:19	
Eiserner Handwe	3.60	21:01	5:50	66	6:26	330	8:31	15.70	2:02:25	7:47	68	39:28	353	53:50	
Schlüsie	4.10	23:35	5:45	77	9:44	399	11:11	19.80	2:26:00	7:22	70	49:12	360	1:04:59	
Loddenke	3.10	24:39	7:57	80	13:39	433	14:19	22.90	2:50:39	7:27	73	1:02:51	382	1:19:18	
Ilseburg/Markt	3.30	20:27	6:11	73	8:34	381	12:09	26.20	3:11:06	7:17	74	1:11:25	389	1:31:27	