



# 46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

**Weber, Bernd**

□□: Düsseldorf  
 □□: 517

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 3:11:09

□□: 8.16 km/h  
 □□□□: 7:18 min/km

□□□□□/□□□: 449 (of 529)

□□□□□/□: 390 (of 447)

□□□□□□: 1:39:39

□□□□□: 75(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:47	5:59	52	5:10	254	10:10	3.30	19:47	5:59	52	5:10	254	10:10
Schlüsie	3.10	24:31	7:54	72	7:54	342	10:41	6.40	44:18	6:55	63	13:04	302	18:14
Hermannsklippe	2.60	21:08	8:07	69	6:53	353	9:27	9.00	1:05:26	7:16	66	19:57	324	27:36
Brocken	3.10	36:03	11:37	71	13:19	373	17:48	12.10	1:41:29	8:23	71	33:07	355	45:24
Eiserner Handwe	3.60	21:00	5:49	65	6:25	328	8:30	15.70	2:02:29	7:48	69	39:32	354	53:54
Schlüsie	4.10	23:35	5:45	77	9:44	399	11:11	19.80	2:26:04	7:22	71	49:16	361	1:05:03
Loddenke	3.10	24:39	7:57	80	13:39	433	14:19	22.90	2:50:43	7:27	74	1:02:55	383	1:19:22
Ilseburg/Markt	3.30	20:26	6:11	72	8:33	380	12:08	26.20	3:11:09	7:17	75	1:11:28	390	1:31:30