



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Sorensen, Bent

□□: Vester Skerninge

□□: 17

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 3:11:58

□□: 8.13 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 452 (of 529)

□□□□□/□: 392 (of 447)

□□□□□□: 1:39:39

□□□□□: 4(of 5)

□□□□□□□: 2:46:37

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 27:37 | 8:22 | 5 | 7:29 | 444 | 18:00 | 3.30 | 27:37 | 8:22 | 5 | 7:29 | 444 | 18:00 |
| Schlüsie | 3.10 | 29:59 | 9:40 | 4 | 5:31 | 431 | 16:09 | 6.40 | 57:36 | 9:00 | 5 | 13:00 | 442 | 31:32 |
| Hermannsklippe | 2.60 | 23:43 | 9:07 | 4 | 3:50 | 411 | 12:02 | 9.00 | 1:21:19 | 9:02 | 4 | 16:50 | 437 | 43:29 |
| Brocken | 3.10 | 38:14 | 12:20 | 4 | 6:48 | 407 | 19:59 | 12.10 | 1:59:33 | 9:52 | 4 | 23:38 | 429 | 1:03:28 |
| Eiserner Handwe | 3.60 | 21:27 | 5:57 | 3 | 3:22 | 347 | 8:57 | 15.70 | 2:21:00 | 8:58 | 4 | 25:57 | 424 | 1:12:25 |
| Schlüsie | 4.10 | 18:41 | 4:33 | 2 | 1:17 | 233 | 6:17 | 19.80 | 2:39:41 | 8:03 | 4 | 25:27 | 412 | 1:18:40 |
| Loddenke | 3.10 | 14:51 | 4:47 | 1 | - | 200 | 4:31 | 22.90 | 2:54:32 | 7:37 | 4 | 25:00 | 396 | 1:23:11 |
| Ilseburg/Markt | 3.30 | 17:26 | 5:16 | 3 | 0:22 | 269 | 9:08 | 26.20 | 3:11:58 | 7:19 | 4 | 25:21 | 392 | 1:32:19 |