



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Junig, Gunnar

□□: Brockenlaufverein
 □□: 159

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:16:09

□□: 7.95 km/h
 □□□□: 7:29 min/km

□□□□□/□□□: 460 (of 529)

□□□□□/□: 398 (of 447)

□□□□□□: 1:39:39

□□□□□: 23(of 29)

□□□□□□□: 2:22:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:02 | 6:58 | 23 | 5:58 | 401 | 13:25 | 3.30 | 23:02 | 6:58 | 23 | 5:58 | 401 | 13:25 |
| Schlüsie | 3.10 | 26:21 | 8:30 | 24 | 6:48 | 403 | 12:31 | 6.40 | 49:23 | 7:42 | 25 | 12:46 | 402 | 23:19 |
| Hermannsklippe | 2.60 | 23:01 | 8:51 | 24 | 5:48 | 397 | 11:20 | 9.00 | 1:12:24 | 8:02 | 26 | 18:34 | 405 | 34:34 |
| Brocken | 3.10 | 37:33 | 12:06 | 23 | 10:28 | 400 | 19:18 | 12.10 | 1:49:57 | 9:05 | 24 | 28:32 | 402 | 53:52 |
| Eiserner Handwe | 3.60 | 21:23 | 5:56 | 15 | 4:58 | 343 | 8:53 | 15.70 | 2:11:20 | 8:21 | 22 | 32:46 | 389 | 1:02:45 |
| Schlüsie | 4.10 | 23:10 | 5:39 | 24 | 7:17 | 394 | 10:46 | 19.80 | 2:34:30 | 7:48 | 23 | 40:03 | 391 | 1:13:29 |
| Loddenke | 3.10 | 19:38 | 6:19 | 24 | 6:31 | 398 | 9:18 | 22.90 | 2:54:08 | 7:36 | 22 | 46:24 | 395 | 1:22:47 |
| Ilseburg/Markt | 3.30 | 22:01 | 6:40 | 24 | 7:12 | 399 | 13:43 | 26.20 | 3:16:09 | 7:29 | 23 | 53:24 | 398 | 1:36:30 |