



46. Brockenlauf

Ilseburg / 03.09.2016

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Grimm, Olaf

□□: TSV Anderten
 □□: 377

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:17:32

□□: 7.90 km/h
 □□□□: 7:32 min/km

□□□□□/□□□: 467 (of 529)

□□□□□/□: 404 (of 447)

□□□□□□: 1:39:39

□□□□□: 76(of 85)

□□□□□□□: 1:59:41

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:33	7:08	81	8:56	416	13:56	3.30	23:33	7:08	81	8:56	416	13:56
Schlüsie	3.10	28:24	9:09	80	11:47	422	14:34	6.40	51:57	8:07	81	20:43	422	25:53
Hermannsklippe	2.60	23:08	8:53	74	8:53	398	11:27	9.00	1:15:05	8:20	80	29:36	419	37:15
Brocken	3.10	38:35	12:26	77	15:51	411	20:20	12.10	1:53:40	9:23	80	45:18	420	57:35
Eiserner Handwe	3.60	22:28	6:14	72	7:53	376	9:58	15.70	2:16:08	8:40	80	53:11	414	1:07:33
Schlüsie	4.10	24:34	5:59	79	10:43	408	12:10	19.80	2:40:42	8:06	79	1:03:54	413	1:19:41
Loddenke	3.10	18:30	5:58	70	7:30	377	8:10	22.90	2:59:12	7:49	79	1:11:24	411	1:27:51
Ilseburg/Markt	3.30	18:20	5:33	61	6:27	312	10:02	26.20	3:17:32	7:32	76	1:17:51	404	1:37:53