



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Rust, Patrick

□□: Langenhagen

□□: 280

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:31:41

□□: 7.37 km/h

□□□□: 8:05 min/km

□□□□□/□□□: 496 (of 529)

□□□□□/□: 421 (of 447)

□□□□□□: 1:39:39

□□□□□: 50(of 50)

□□□□□□□: 1:56:54

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 25:38 | 7:46 | 50 | 11:34 | 438 | 16:01 | 3.30 | 25:38 | 7:46 | 50 | 11:34 | 438 | 16:01 | |
| Schlüsie | 3.10 | 29:26 | 9:29 | 50 | 13:33 | 426 | 15:36 | 6.40 | 55:04 | 8:36 | 50 | 25:07 | 436 | 29:00 | |
| Hermannsklippe | 2.60 | 22:29 | 8:38 | 46 | 8:53 | 389 | 10:48 | 9.00 | 1:17:33 | 8:37 | 50 | 34:00 | 427 | 39:43 | |
| Brocken | 3.10 | 41:51 | 13:30 | 50 | 20:54 | 435 | 23:36 | 12.10 | 1:59:24 | 9:52 | 50 | 54:54 | 428 | 1:03:19 | |
| Eiserner Handwe | 3.60 | 21:31 | 5:58 | 45 | 7:40 | 348 | 9:01 | 15.70 | 2:20:55 | 8:58 | 50 | 1:02:34 | 423 | 1:12:20 | |
| Schlüsie | 4.10 | 30:39 | 7:28 | 50 | 17:23 | 441 | 18:15 | 19.80 | 2:51:34 | 8:39 | 50 | 1:19:57 | 426 | 1:30:33 | |
| Loddenke | 3.10 | 19:32 | 6:18 | 50 | 7:54 | 397 | 9:12 | 22.90 | 3:11:06 | 8:20 | 50 | 1:27:41 | 422 | 1:39:45 | |
| Ilseburg/Markt | 3.30 | 20:35 | 6:14 | 46 | 7:39 | 383 | 12:17 | 26.20 | 3:31:41 | 8:04 | 50 | 1:34:47 | 421 | 1:52:02 | |