



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Dr. Klaßen, Thomas

□□: Cuxhaven

□□: 441

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:54:08

□□: 6.66 km/h

□□□□: 8:56 min/km

□□□□□/□□□□: 516 (of 529)

□□□□□/□: 437 (of 447)

□□□□□□: 1:39:39

□□□□□: 83(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:57 | 7:15 | 83 | 9:20 | 422 | 14:20 | 3.30 | 23:57 | 7:15 | 83 | 9:20 | 422 | 14:20 |
| Schlüsie | 3.10 | 30:04 | 9:41 | 82 | 13:27 | 432 | 16:14 | 6.40 | 54:01 | 8:26 | 84 | 22:47 | 430 | 27:57 |
| Hermannsklippe | 2.60 | 26:22 | 10:08 | 83 | 12:07 | 438 | 14:41 | 9.00 | 1:20:23 | 8:55 | 83 | 34:54 | 432 | 42:33 |
| Brocken | 3.10 | 39:15 | 12:39 | 79 | 16:31 | 416 | 21:00 | 12.10 | 1:59:38 | 9:53 | 82 | 51:16 | 430 | 1:03:33 |
| Eiserner Handwe | 3.60 | 27:06 | 7:31 | 83 | 12:31 | 432 | 14:36 | 15.70 | 2:26:44 | 9:20 | 82 | 1:03:47 | 432 | 1:18:09 |
| Schlüsie | 4.10 | 28:43 | 7:00 | 83 | 14:52 | 432 | 16:19 | 19.80 | 2:55:27 | 8:51 | 83 | 1:18:39 | 433 | 1:34:26 |
| Loddenke | 3.10 | 29:11 | 9:24 | 85 | 18:11 | 442 | 18:51 | 22.90 | 3:24:38 | 8:56 | 83 | 1:36:50 | 435 | 1:53:17 |
| Ilseburg/Markt | 3.30 | 29:30 | 8:56 | 85 | 17:37 | 442 | 21:12 | 26.20 | 3:54:08 | 8:56 | 83 | 1:54:27 | 437 | 2:14:29 |