



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Sandtner, Wolfgang

□□: Aschersleben
 □□: 590

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:58:21

□□: 6.54 km/h
 □□□□: 9:06 min/km

□□□□□/□□□: 519 (of 529)

□□□□□/□: 440 (of 447)

□□□□□□: 1:39:39

□□□□□: 85(of 85)

□□□□□□□: 1:59:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:29 | 7:06 | 80 | 8:52 | 414 | 13:52 | 3.30 | 23:29 | 7:06 | 80 | 8:52 | 414 | 13:52 |
| Schlüsie | 3.10 | 30:25 | 9:48 | 83 | 13:48 | 434 | 16:35 | 6.40 | 53:54 | 8:25 | 83 | 22:40 | 428 | 27:50 |
| Hermannsklippe | 2.60 | 26:58 | 10:22 | 84 | 12:43 | 439 | 15:17 | 9.00 | 1:20:52 | 8:59 | 84 | 35:23 | 436 | 43:02 |
| Brocken | 3.10 | 45:02 | 14:31 | 85 | 22:18 | 442 | 26:47 | 12.10 | 2:05:54 | 10:24 | 85 | 57:32 | 440 | 1:09:49 |
| Eiserner Handwe | 3.60 | 26:30 | 7:21 | 81 | 11:55 | 424 | 14:00 | 15.70 | 2:32:24 | 9:42 | 85 | 1:09:27 | 440 | 1:23:49 |
| Schlüsie | 4.10 | 29:18 | 7:08 | 84 | 15:27 | 436 | 16:54 | 19.80 | 3:01:42 | 9:10 | 85 | 1:24:54 | 439 | 1:40:41 |
| Loddenke | 3.10 | 28:58 | 9:20 | 84 | 17:58 | 441 | 18:38 | 22.90 | 3:30:40 | 9:11 | 85 | 1:42:52 | 439 | 1:59:19 |
| Ilseburg/Markt | 3.30 | 27:41 | 8:23 | 83 | 15:48 | 438 | 19:23 | 26.20 | 3:58:21 | 9:05 | 85 | 1:58:40 | 440 | 2:18:42 |