



46. Brockenlauf

Ilseburg / 03.09.2016

□□□□

Munz, Jürgen

□□: Winnweiler
□□: 497

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M55 (55-59 Jahre)

□□□: 3:59:01

□□: 6.53 km/h
□□□□: 9:07 min/km

□□□□□/□□□: 520 (of 529)

□□□□□/□: 441 (of 447)

□□□□□□: 1:39:39

□□□□□: 53(of 58)

□□□□□□□: 2:02:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 27:35 | 8:21 | 56 | 12:30 | 443 | 17:58 | 3.30 | 27:35 | 8:21 | 56 | 12:30 | 443 | 17:58 |
| Schlüsie | 3.10 | 32:30 | 10:29 | 55 | 15:40 | 443 | 18:40 | 6.40 | 1:00:05 | 9:23 | 55 | 28:10 | 444 | 34:01 |
| Hermannsklippe | 2.60 | 27:18 | 10:30 | 53 | 13:07 | 441 | 15:37 | 9.00 | 1:27:23 | 9:42 | 55 | 41:17 | 444 | 49:33 |
| Brocken | 3.10 | 42:20 | 13:39 | 53 | 19:36 | 436 | 24:05 | 12.10 | 2:09:43 | 10:43 | 55 | 1:00:53 | 443 | 1:13:38 |
| Eiserner Handwe | 3.60 | 28:54 | 8:01 | 52 | 14:03 | 439 | 16:24 | 15.70 | 2:38:37 | 10:06 | 54 | 1:14:56 | 442 | 1:30:02 |
| Schlüsie | 4.10 | 28:50 | 7:01 | 52 | 14:38 | 433 | 16:26 | 19.80 | 3:07:27 | 9:28 | 54 | 1:29:34 | 442 | 1:46:26 |
| Loddenke | 3.10 | 24:40 | 7:57 | 53 | 13:07 | 435 | 14:20 | 22.90 | 3:32:07 | 9:15 | 54 | 1:42:41 | 440 | 2:00:46 |
| Ilseburg/Markt | 3.30 | 26:54 | 8:09 | 53 | 13:50 | 436 | 18:36 | 26.20 | 3:59:01 | 9:07 | 53 | 1:56:31 | 441 | 2:19:22 |