



# 46. Brockenlauf

Ilseburg / 03.09.2016

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**Krause, Karl-heinz**

□□: Erst laufen dann saufen  
 □□: 558

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 28:19:10

□□: 0.92 km/h  
 □□□□: 64:51 min/km

□□□□□/□□□: 527 (of 529)

□□□□□/□: 446 (of 447)

□□□□□□: 1:39:39

□□□□□: 57(of 58)

□□□□□□□: 2:02:30

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>-  | □□<br>□ | □□<br>□  | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>-  | □□<br>□ | □□<br>□  |
|-----------------|----------|----------|--------------|---------|----------|---------|----------|-------|-----------|---------------|---------|----------|---------|----------|
| Loddenke        | 3.30     | 26:26    | 8:00         | 55      | 11:21    | 442     | 16:49    | 3.30  | 26:26     | 8:00          | 55      | 11:21    | 442     | 16:49    |
| Schlüsie        | 3.10     | 34:31    | 11:08        | 57      | 17:41    | 445     | 20:41    | 6.40  | 1:00:57   | 9:31          | 56      | 29:02    | 445     | 34:53    |
| Hermannsklippe  | 2.60     | 30:06    | 11:34        | 57      | 15:55    | 446     | 18:25    | 9.00  | 1:31:03   | 10:07         | 57      | 44:57    | 446     | 53:13    |
| Brocken         | 3.10     | 53:22    | 17:12        | 56      | 30:38    | 445     | 35:07    | 12.10 | 2:24:25   | 11:56         | 57      | 1:15:35  | 446     | 1:28:20  |
| Eiserner Handwe | 3.60     | 32:30    | 9:01         | 55      | 17:39    | 443     | 20:00    | 15.70 | 2:56:55   | 11:16         | 56      | 1:33:14  | 445     | 1:48:20  |
| Schlüsie        | 4.10     | 27:48    | 6:46         | 50      | 13:36    | 429     | 15:24    | 19.80 | 3:24:43   | 10:20         | 56      | 1:46:50  | 445     | 2:03:42  |
| Loddenke        | 3.10     | 21:02:21 | 407:12       | 57      | 20:50:48 | 444     | 20:52:01 | 22.90 | 24:27:04  | 64:03         | 57      | 22:37:38 | 444     | 22:55:43 |
| Ilseburg/Markt  | 3.30     | 3:52:06  | 70:19        | 57      | 3:39:02  | 446     | 3:43:48  | 26.20 | 28:19:10  | 64:51         | 57      | 26:16:40 | 446     | 26:39:31 |