



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

BAECKE, Sebastian

□□: E.ON

□□: 169

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 1:59:33

□□: 13.05 km/h

□□□□: 4:34 min/km

□□□□□/□□□: 13 (of 500)

□□□□□/□: 12 (of 423)

□□□□□□: 1:35:36

□□□□□: 4(of 46)

□□□□□□□: 1:41:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 13:56 | 4:13 | 3 | 1:45 | 8 | 1:57 | 3.30 | 13:56 | 4:13 | 3 | 1:45 | 8 | 1:57 | |
| Schlüsie | 3.10 | 15:44 | 5:04 | 4 | 2:19 | 12 | 2:59 | 6.40 | 29:40 | 4:38 | 4 | 4:04 | 11 | 4:56 | |
| Hermannsklippe | 2.60 | 14:32 | 5:35 | 4 | 2:35 | 25 | 3:21 | 9.00 | 44:12 | 4:54 | 4 | 6:39 | 11 | 8:17 | |
| Brocken | 3.10 | 21:56 | 7:04 | 4 | 3:26 | 18 | 4:32 | 12.10 | 1:06:08 | 5:27 | 4 | 10:05 | 12 | 12:49 | |
| Eiserner Handwe | 3.60 | 14:41 | 4:04 | 5 | 2:01 | 20 | 3:01 | 15.70 | 1:20:49 | 5:08 | 4 | 12:06 | 11 | 15:50 | |
| Schlüsie | 4.10 | 14:01 | 3:25 | 4 | 2:04 | 16 | 3:00 | 19.80 | 1:34:50 | 4:47 | 4 | 14:10 | 11 | 18:50 | |
| Loddenke | 3.10 | 11:37 | 3:44 | 4 | 1:37 | 17 | 2:21 | 22.90 | 1:46:27 | 4:38 | 4 | 15:47 | 12 | 21:11 | |
| Ilseburg/Markt | 3.30 | 13:06 | 3:58 | 5 | 2:06 | 25 | 2:46 | 26.20 | 1:59:33 | 4:33 | 4 | 17:53 | 12 | 23:57 | |