



47. Brockenlauf

Ilseburg / 02.09.2017

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MICHEL, Thomas

□□: NSV Wernigerode

□□: 150

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:11:43

□□: 11.84 km/h

□□□□: 5:02 min/km

□□□□□/□□□: 53 (of 500)

□□□□□/□: 51 (of 423)

□□□□□□: 1:35:36

□□□□□: 10(of 85)

□□□□□□□: 1:44:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:56 | 4:49 | 7 | 3:03 | 44 | 3:57 | 3.30 | 15:56 | 4:49 | 7 | 3:03 | 44 | 3:57 | |
| Schlüsie | 3.10 | 17:17 | 5:34 | 9 | 2:51 | 46 | 4:32 | 6.40 | 33:13 | 5:11 | 9 | 5:54 | 49 | 8:29 | |
| Hermannsklippe | 2.60 | 15:05 | 5:48 | 9 | 2:18 | 43 | 3:54 | 9.00 | 48:18 | 5:21 | 9 | 8:03 | 48 | 12:23 | |
| Brocken | 3.10 | 23:41 | 7:38 | 8 | 3:53 | 38 | 6:17 | 12.10 | 1:11:59 | 5:56 | 9 | 11:56 | 44 | 18:40 | |
| Eiserner Handwe | 3.60 | 16:15 | 4:30 | 16 | 4:23 | 80 | 4:35 | 15.70 | 1:28:14 | 5:37 | 9 | 16:19 | 43 | 23:15 | |
| Schlüsie | 4.10 | 15:54 | 3:52 | 20 | 3:58 | 88 | 4:53 | 19.80 | 1:44:08 | 5:15 | 9 | 20:17 | 45 | 28:08 | |
| Loddenke | 3.10 | 13:07 | 4:13 | 21 | 3:10 | 101 | 3:51 | 22.90 | 1:57:15 | 5:07 | 9 | 23:27 | 46 | 31:59 | |
| Ilseburg/Markt | 3.30 | 14:28 | 4:23 | 22 | 3:23 | 94 | 4:08 | 26.20 | 2:11:43 | 5:01 | 10 | 26:50 | 51 | 36:07 | |