



47. Brockenlauf  
Ilseburg / 02.09.2017

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**BAUMGARDT, Robert**

□□: Höhenkirchen-Siegersbrunn  
□□: 242

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M30 (30-34 Jahre)

□□□: 2:13:18

□□: 11.70 km/h  
□□□□: 5:05 min/km

□□□□□/□□□□: 64 (of 500)

□□□□□/□: 62 (of 423)

□□□□□□: 1:35:36

□□□□□: 13(of 45)

□□□□□□□: 1:55:09

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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     | 15:41    | 4:45         | 9       | 1:46    | 36      | 3:42    | 3.30  | 15:41     | 4:45          | 9       | 1:46    | 36      | 3:42    |
| Schlüsie        | 3.10     | 17:05    | 5:30         | 8       | 1:48    | 44      | 4:20    | 6.40  | 32:46     | 5:07          | 9       | 3:33    | 39      | 8:02    |
| Hermannsklippe  | 2.60     | 14:56    | 5:44         | 7       | 1:33    | 39      | 3:45    | 9.00  | 47:42     | 5:18          | 8       | 5:01    | 42      | 11:47   |
| Brocken         | 3.10     | 23:06    | 7:27         | 7       | 2:10    | 30      | 5:42    | 12.10 | 1:10:48   | 5:51          | 7       | 7:01    | 36      | 17:29   |
| Eiserner Handwe | 3.60     | 16:25    | 4:33         | 15      | 2:45    | 91      | 4:45    | 15.70 | 1:27:13   | 5:33          | 8       | 9:46    | 40      | 22:14   |
| Schlüsie        | 4.10     | 17:50    | 4:20         | 23      | 4:18    | 185     | 6:49    | 19.80 | 1:45:03   | 5:18          | 10      | 14:01   | 50      | 29:03   |
| Loddenke        | 3.10     | 12:45    | 4:06         | 11      | 1:50    | 71      | 3:29    | 22.90 | 1:57:48   | 5:08          | 10      | 15:05   | 52      | 32:32   |
| Ilseburg/Markt  | 3.30     | 15:30    | 4:41         | 21      | 3:36    | 178     | 5:10    | 26.20 | 2:13:18   | 5:05          | 13      | 18:09   | 62      | 37:42   |