



# 47. Brockenlauf

Ilseburg / 02.09.2017

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**KRESSE, Mathias**

□□: NIX tun kann JEDER

□□: 333

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:20:32

□□: 11.10 km/h

□□□□: 5:22 min/km

□□□□□/□□□: 105 (of 500)

□□□□□/□: 101 (of 423)

□□□□□□: 1:35:36

□□□□□: 17(of 67)

□□□□□□□: 2:00:16

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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     | 17:01    | 5:09         | 12      | 1:14    | 90      | 5:02    | 3.30  | 17:01     | 5:09          | 12      | 1:14    | 90      | 5:02    |
| Schlüsie        | 3.10     | 19:20    | 6:14         | 24      | 3:17    | 145     | 6:35    | 6.40  | 36:21     | 5:40          | 18      | 4:20    | 115     | 11:37   |
| Hermannsklippe  | 2.60     | 17:25    | 6:41         | 27      | 3:12    | 167     | 6:14    | 9.00  | 53:46     | 5:58          | 19      | 7:32    | 124     | 17:51   |
| Brocken         | 3.10     | 27:35    | 8:53         | 21      | 6:13    | 143     | 10:11   | 12.10 | 1:21:21   | 6:43          | 20      | 13:45   | 133     | 28:02   |
| Eiserner Handwe | 3.60     | 15:54    | 4:25         | 7       | 1:21    | 59      | 4:14    | 15.70 | 1:37:15   | 6:11          | 17      | 13:43   | 112     | 32:16   |
| Schlüsie        | 4.10     | 15:41    | 3:49         | 10      | 1:36    | 74      | 4:40    | 19.80 | 1:52:56   | 5:42          | 16      | 14:50   | 104     | 36:56   |
| Loddenke        | 3.10     | 13:00    | 4:11         | 17      | 2:11    | 96      | 3:44    | 22.90 | 2:05:56   | 5:29          | 16      | 17:01   | 104     | 40:40   |
| Ilseburg/Markt  | 3.30     | 14:36    | 4:25         | 19      | 3:15    | 104     | 4:16    | 26.20 | 2:20:32   | 5:21          | 17      | 20:16   | 101     | 44:56   |