



47. Brockenlauf

Ilseburg / 02.09.2017

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KOVERMANN, Steffen

□□: Stendal

□□: 41

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:21:55

□□: 11.08 km/h

□□□□: 5:25 min/km

□□□□□/□□□: 116 (of 500)

□□□□□/□: 111 (of 423)

□□□□□□: 1:35:36

□□□□□: 18(of 53)

□□□□□□□: 1:54:00

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:15 | 5:31 | 26 | 4:17 | 166 | 6:16 | 3.30 | 18:15 | 5:31 | 26 | 4:17 | 166 | 6:16 |
| Schlüsie | 3.10 | 17:52 | 5:45 | 13 | 2:19 | 70 | 5:07 | 6.40 | 36:07 | 5:38 | 18 | 6:36 | 109 | 11:23 |
| Hermannsklippe | 2.60 | 15:47 | 6:04 | 14 | 2:04 | 68 | 4:36 | 9.00 | 51:54 | 5:46 | 16 | 8:40 | 88 | 15:59 |
| Brocken | 3.10 | 26:56 | 8:41 | 21 | 6:17 | 119 | 9:32 | 12.10 | 1:18:50 | 6:30 | 18 | 14:29 | 98 | 25:31 |
| Eiserner Handwe | 3.60 | 17:20 | 4:48 | 20 | 4:03 | 140 | 5:40 | 15.70 | 1:36:10 | 6:07 | 20 | 18:32 | 103 | 31:11 |
| Schlüsie | 4.10 | 17:19 | 4:13 | 24 | 4:31 | 163 | 6:18 | 19.80 | 1:53:29 | 5:43 | 19 | 23:03 | 110 | 37:29 |
| Loddenke | 3.10 | 14:00 | 4:30 | 25 | 3:01 | 173 | 4:44 | 22.90 | 2:07:29 | 5:34 | 20 | 26:04 | 120 | 42:13 |
| Ilseburg/Markt | 3.30 | 14:26 | 4:22 | 16 | 1:51 | 90 | 4:06 | 26.20 | 2:21:55 | 5:24 | 18 | 27:55 | 112 | 46:19 |