



# 47. Brockenlauf

Ilseburg / 02.09.2017

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Wiedig, Michael

□□: Aschersleben

□□: 548

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:28:21

□□: 10.52 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 167 (of 500)

□□□□□/□: 161 (of 423)

□□□□□□: 1:35:36

□□□□□: 24(of 53)

□□□□□□□: 1:54:00

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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     | 17:58    | 5:26         | 22      | 4:00    | 146     | 5:59    | 3.30  | 17:58     | 5:26          | 22      | 4:00    | 146     | 5:59    |
| Schlüsie        | 3.10     | 20:57    | 6:45         | 27      | 5:24    | 246     | 8:12    | 6.40  | 38:55     | 6:04          | 28      | 9:24    | 192     | 14:11   |
| Hermannsklippe  | 2.60     | 18:49    | 7:14         | 30      | 5:06    | 244     | 7:38    | 9.00  | 57:44     | 6:24          | 26      | 14:30   | 204     | 21:49   |
| Brocken         | 3.10     | 29:07    | 9:23         | 27      | 8:28    | 198     | 11:43   | 12.10 | 1:26:51   | 7:10          | 26      | 22:30   | 197     | 33:32   |
| Eiserner Handwe | 3.60     | 16:58    | 4:42         | 18      | 3:41    | 128     | 5:18    | 15.70 | 1:43:49   | 6:36          | 25      | 26:11   | 184     | 38:50   |
| Schlüsie        | 4.10     | 16:35    | 4:02         | 18      | 3:47    | 124     | 5:34    | 19.80 | 2:00:24   | 6:04          | 25      | 29:58   | 175     | 44:24   |
| Loddenke        | 3.10     | 13:15    | 4:16         | 16      | 2:16    | 111     | 3:59    | 22.90 | 2:13:39   | 5:50          | 25      | 32:14   | 170     | 48:23   |
| Ilseburg/Markt  | 3.30     | 14:42    | 4:27         | 20      | 2:07    | 111     | 4:22    | 26.20 | 2:28:21   | 5:39          | 25      | 34:21   | 163     | 52:45   |