



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

HENTSCH, Torsten

□□: SV Hermsdorf
 □□: 21

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:28:42

□□: 10.49 km/h
 □□□□: 5:41 min/km

□□□□□/□□□: 174 (of 500)

□□□□□/□: 167 (of 423)

□□□□□□: 1:35:36

□□□□□: 29(of 67)

□□□□□□□: 2:00:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:23 | 5:34 | 31 | 2:36 | 177 | 6:24 | 3.30 | 18:23 | 5:34 | 31 | 2:36 | 177 | 6:24 | |
| Schlüsie | 3.10 | 18:59 | 6:07 | 20 | 2:56 | 123 | 6:14 | 6.40 | 37:22 | 5:50 | 23 | 5:21 | 145 | 12:38 | |
| Hermannsklippe | 2.60 | 17:07 | 6:34 | 23 | 2:54 | 145 | 5:56 | 9.00 | 54:29 | 6:03 | 23 | 8:15 | 145 | 18:34 | |
| Brocken | 3.10 | 27:49 | 8:58 | 25 | 6:27 | 153 | 10:25 | 12.10 | 1:22:18 | 6:48 | 24 | 14:42 | 146 | 28:59 | |
| Eiserner Handwe | 3.60 | 18:07 | 5:01 | 34 | 3:34 | 170 | 6:27 | 15.70 | 1:40:25 | 6:23 | 26 | 16:53 | 151 | 35:26 | |
| Schlüsie | 4.10 | 18:43 | 4:33 | 43 | 4:38 | 233 | 7:42 | 19.80 | 1:59:08 | 6:01 | 27 | 21:02 | 162 | 43:08 | |
| Loddenke | 3.10 | 14:24 | 4:38 | 41 | 3:35 | 207 | 5:08 | 22.90 | 2:13:32 | 5:49 | 28 | 24:37 | 168 | 48:16 | |
| Ilseburg/Markt | 3.30 | 15:10 | 4:35 | 26 | 3:49 | 147 | 4:50 | 26.20 | 2:28:42 | 5:40 | 29 | 28:26 | 169 | 53:06 | |