



# 47. Brockenlauf

Ilseburg / 02.09.2017

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Schleicher, Mario

□□: Bad-Frankenhausen

□□: 504

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:30:52

□□: 10.34 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 187 (of 500)

□□□□□/□: 179 (of 423)

□□□□□□: 1:35:36

□□□□□: 41(of 85)

□□□□□□□: 1:44:53

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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     | 17:46    | 5:23         | 28      | 4:53    | 136     | 5:47    | 3.30  | 17:46     | 5:23          | 28      | 4:53    | 136     | 5:47    |
| Schlüsie        | 3.10     | 19:09    | 6:10         | 29      | 4:43    | 133     | 6:24    | 6.40  | 36:55     | 5:46          | 25      | 9:36    | 128     | 12:11   |
| Hermannsklippe  | 2.60     | 17:23    | 6:41         | 37      | 4:36    | 165     | 6:12    | 9.00  | 54:18     | 6:01          | 29      | 14:03   | 139     | 18:23   |
| Brocken         | 3.10     | 29:02    | 9:21         | 42      | 9:14    | 194     | 11:38   | 12.10 | 1:23:20   | 6:53          | 35      | 23:17   | 161     | 30:01   |
| Eiserner Handwe | 3.60     | 18:52    | 5:14         | 50      | 7:00    | 216     | 7:12    | 15.70 | 1:42:12   | 6:30          | 37      | 30:17   | 172     | 37:13   |
| Schlüsie        | 4.10     | 19:13    | 4:41         | 62      | 7:17    | 261     | 8:12    | 19.80 | 2:01:25   | 6:07          | 40      | 37:34   | 186     | 45:25   |
| Loddenke        | 3.10     | 14:21    | 4:37         | 49      | 4:24    | 205     | 5:05    | 22.90 | 2:15:46   | 5:55          | 41      | 41:58   | 184     | 50:30   |
| Ilseburg/Markt  | 3.30     | 15:06    | 4:34         | 35      | 4:01    | 140     | 4:46    | 26.20 | 2:30:52   | 5:45          | 41      | 45:59   | 181     | 55:16   |