



47. Brockenlauf

Ilseburg / 02.09.2017

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TIETZE, Heiko

□□: Berlin

□□: 33

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:32:06

□□: 10.26 km/h

□□□□: 5:49 min/km

□□□□□/□□□: 194 (of 500)

□□□□□/□: 185 (of 423)

□□□□□□: 1:35:36

□□□□□: 44(of 85)

□□□□□□□: 1:44:53

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:57 | 5:44 | 46 | 6:04 | 207 | 6:58 | 3.30 | 18:57 | 5:44 | 46 | 6:04 | 207 | 6:58 | |
| Schlüsie | 3.10 | 20:27 | 6:35 | 52 | 6:01 | 218 | 7:42 | 6.40 | 39:24 | 6:09 | 49 | 12:05 | 210 | 14:40 | |
| Hermannsklippe | 2.60 | 18:40 | 7:10 | 54 | 5:53 | 232 | 7:29 | 9.00 | 58:04 | 6:27 | 50 | 17:49 | 214 | 22:09 | |
| Brocken | 3.10 | 30:43 | 9:54 | 56 | 10:55 | 255 | 13:19 | 12.10 | 1:28:47 | 7:20 | 57 | 28:44 | 238 | 35:28 | |
| Eiserner Handwe | 3.60 | 17:52 | 4:57 | 34 | 6:00 | 160 | 6:12 | 15.70 | 1:46:39 | 6:47 | 48 | 34:44 | 217 | 41:40 | |
| Schlüsie | 4.10 | 16:41 | 4:04 | 30 | 4:45 | 133 | 5:40 | 19.80 | 2:03:20 | 6:13 | 45 | 39:29 | 196 | 47:20 | |
| Loddenke | 3.10 | 13:37 | 4:23 | 30 | 3:40 | 144 | 4:21 | 22.90 | 2:16:57 | 5:58 | 44 | 43:09 | 192 | 51:41 | |
| Ilseburg/Markt | 3.30 | 15:09 | 4:35 | 36 | 4:04 | 144 | 4:49 | 26.20 | 2:32:06 | 5:48 | 44 | 47:13 | 187 | 56:30 | |