



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

GRÖSCHE, Christian

□□: Braunschweig

□□: 184

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:36:37

□□: 10.04 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 240 (of 500)

□□□□□/□: 223 (of 423)

□□□□□□: 1:35:36

□□□□□: 30(of 45)

□□□□□□□: 1:55:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:22 | 6:10 | 30 | 6:27 | 282 | 8:23 | 3.30 | 20:22 | 6:10 | 30 | 6:27 | 282 | 8:23 | |
| Schlüsie | 3.10 | 20:12 | 6:30 | 27 | 4:55 | 198 | 7:27 | 6.40 | 40:34 | 6:20 | 30 | 11:21 | 242 | 15:50 | |
| Hermannsklippe | 2.60 | 17:35 | 6:45 | 28 | 4:12 | 180 | 6:24 | 9.00 | 58:09 | 6:27 | 27 | 15:28 | 216 | 22:14 | |
| Brocken | 3.10 | 29:06 | 9:23 | 28 | 8:10 | 197 | 11:42 | 12.10 | 1:27:15 | 7:12 | 28 | 23:28 | 206 | 33:56 | |
| Eiserner Handwe | 3.60 | 19:03 | 5:17 | 32 | 5:23 | 226 | 7:23 | 15.70 | 1:46:18 | 6:46 | 30 | 28:51 | 210 | 41:19 | |
| Schlüsie | 4.10 | 18:07 | 4:25 | 29 | 4:35 | 209 | 7:06 | 19.80 | 2:04:25 | 6:17 | 29 | 33:23 | 207 | 48:25 | |
| Loddenke | 3.10 | 14:51 | 4:47 | 27 | 3:56 | 237 | 5:35 | 22.90 | 2:19:16 | 6:04 | 29 | 36:33 | 216 | 54:00 | |
| Ilseburg/Markt | 3.30 | 17:21 | 5:15 | 35 | 5:27 | 292 | 7:01 | 26.20 | 2:36:37 | 5:58 | 30 | 41:28 | 225 | 1:01:01 | |