



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

Ciana, Reiner

□□: LG Rudelsburg Bad Kösen
 □□: 520

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 2:37:08

□□: 9.93 km/h
 □□□□: 6:00 min/km

□□□□□/□□□: 246 (of 500)

□□□□□/□: 228 (of 423)

□□□□□□: 1:35:36

□□□□□: 7(of 23)

□□□□□□□: 2:19:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:54 | 6:19 | 14 | 3:53 | 330 | 8:55 | 3.30 | 20:54 | 6:19 | 14 | 3:53 | 330 | 8:55 |
| Schlüsie | 3.10 | 21:25 | 6:54 | 8 | 2:55 | 279 | 8:40 | 6.40 | 42:19 | 6:36 | 10 | 6:48 | 309 | 17:35 |
| Hermannsklippe | 2.60 | 18:35 | 7:08 | 5 | 2:20 | 229 | 7:24 | 9.00 | 1:00:54 | 6:46 | 8 | 9:08 | 277 | 24:59 |
| Brocken | 3.10 | 29:02 | 9:21 | 5 | 3:02 | 194 | 11:38 | 12.10 | 1:29:56 | 7:25 | 7 | 12:10 | 248 | 36:37 |
| Eiserner Handwe | 3.60 | 18:06 | 5:01 | 5 | 1:12 | 168 | 6:26 | 15.70 | 1:48:02 | 6:52 | 7 | 13:22 | 237 | 43:03 |
| Schlüsie | 4.10 | 17:56 | 4:22 | 6 | 1:54 | 199 | 6:55 | 19.80 | 2:05:58 | 6:21 | 7 | 14:36 | 230 | 49:58 |
| Loddenke | 3.10 | 14:32 | 4:41 | 6 | 1:03 | 218 | 5:16 | 22.90 | 2:20:30 | 6:08 | 6 | 15:39 | 227 | 55:14 |
| Ilseburg/Markt | 3.30 | 16:38 | 5:02 | 6 | 2:12 | 253 | 6:18 | 26.20 | 2:37:08 | 5:59 | 7 | 17:51 | 230 | 1:01:32 |