



47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

SAAGE, Ansgar

□□: SV Kollerbeck
 □□: 39

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:39:33

□□: 9.78 km/h
 □□□□: 6:05 min/km

□□□□□/□□□: 266 (of 500)

□□□□□/□: 245 (of 423)

□□□□□□: 1:35:36

□□□□□: 44(of 67)

□□□□□□□: 2:00:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:20 | 5:51 | 43 | 3:33 | 228 | 7:21 | 3.30 | 19:20 | 5:51 | 43 | 3:33 | 228 | 7:21 |
| Schlüsie | 3.10 | 20:41 | 6:40 | 41 | 4:38 | 235 | 7:56 | 6.40 | 40:01 | 6:15 | 43 | 8:00 | 229 | 15:17 |
| Hermannsklippe | 2.60 | 18:47 | 7:13 | 41 | 4:34 | 241 | 7:36 | 9.00 | 58:48 | 6:31 | 44 | 12:34 | 239 | 22:53 |
| Brocken | 3.10 | 31:58 | 10:18 | 51 | 10:36 | 297 | 14:34 | 12.10 | 1:30:46 | 7:30 | 45 | 23:10 | 257 | 37:27 |
| Eiserner Handwe | 3.60 | 19:51 | 5:30 | 50 | 5:18 | 266 | 8:11 | 15.70 | 1:50:37 | 7:02 | 45 | 27:05 | 262 | 45:38 |
| Schlüsie | 4.10 | 18:33 | 4:31 | 41 | 4:28 | 229 | 7:32 | 19.80 | 2:09:10 | 6:31 | 47 | 31:04 | 259 | 53:10 |
| Loddenke | 3.10 | 14:47 | 4:46 | 43 | 3:58 | 234 | 5:31 | 22.90 | 2:23:57 | 6:17 | 47 | 35:02 | 252 | 58:41 |
| Ilseburg/Markt | 3.30 | 15:36 | 4:43 | 34 | 4:15 | 184 | 5:16 | 26.20 | 2:39:33 | 6:05 | 44 | 39:17 | 247 | 1:03:57 |