



47. Brockenlauf

Ilseburg / 02.09.2017

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BERGER, Stephan

□□: LC Nanyuma

□□: 452

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:41:18

□□: 9.67 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 278 (of 500)

□□□□□/□: 256 (of 423)

□□□□□□: 1:35:36

□□□□□: 31(of 53)

□□□□□□□: 1:54:00

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:29 | 6:30 | 42 | 7:31 | 357 | 9:30 | 3.30 | 21:29 | 6:30 | 42 | 7:31 | 357 | 9:30 |
| Schlüsie | 3.10 | 21:48 | 7:01 | 37 | 6:15 | 301 | 9:03 | 6.40 | 43:17 | 6:45 | 42 | 13:46 | 336 | 18:33 |
| Hermannsklippe | 2.60 | 19:15 | 7:24 | 35 | 5:32 | 273 | 8:04 | 9.00 | 1:02:32 | 6:56 | 40 | 19:18 | 324 | 26:37 |
| Brocken | 3.10 | 28:28 | 9:10 | 26 | 7:49 | 177 | 11:04 | 12.10 | 1:31:00 | 7:31 | 32 | 26:39 | 260 | 37:41 |
| Eiserner Handwe | 3.60 | 22:29 | 6:14 | 45 | 9:12 | 360 | 10:49 | 15.70 | 1:53:29 | 7:13 | 35 | 35:51 | 290 | 48:30 |
| Schlüsie | 4.10 | 19:03 | 4:38 | 34 | 6:15 | 251 | 8:02 | 19.80 | 2:12:32 | 6:41 | 36 | 42:06 | 283 | 56:32 |
| Loddenke | 3.10 | 14:05 | 4:32 | 26 | 3:06 | 182 | 4:49 | 22.90 | 2:26:37 | 6:24 | 36 | 45:12 | 273 | 1:01:21 |
| Ilseburg/Markt | 3.30 | 14:41 | 4:26 | 18 | 2:06 | 109 | 4:21 | 26.20 | 2:41:18 | 6:09 | 32 | 47:18 | 258 | 1:05:42 |