



47. Brockenlauf

Ilseburg / 02.09.2017

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SCHMALZ, Holger

□□: Brockenlaufverein
 □□: 294

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:41:38

□□: 9.65 km/h
 □□□□: 6:10 min/km

□□□□□/□□□: 279 (of 500)

□□□□□/□: 257 (of 423)

□□□□□□: 1:35:36

□□□□□: 16(of 45)

□□□□□□□: 2:07:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:06 | 6:05 | 23 | 3:55 | 273 | 8:07 | 3.30 | 20:06 | 6:05 | 23 | 3:55 | 273 | 8:07 |
| Schlüsie | 3.10 | 20:55 | 6:44 | 19 | 3:34 | 244 | 8:10 | 6.40 | 41:01 | 6:24 | 20 | 7:29 | 264 | 16:17 |
| Hermannsklippe | 2.60 | 19:28 | 7:29 | 25 | 4:07 | 289 | 8:17 | 9.00 | 1:00:29 | 6:43 | 22 | 11:36 | 267 | 24:34 |
| Brocken | 3.10 | 30:32 | 9:50 | 24 | 5:38 | 249 | 13:08 | 12.10 | 1:31:01 | 7:31 | 21 | 16:45 | 261 | 37:42 |
| Eiserner Handwe | 3.60 | 19:33 | 5:25 | 16 | 5:03 | 247 | 7:53 | 15.70 | 1:50:34 | 7:02 | 19 | 21:48 | 261 | 45:35 |
| Schlüsie | 4.10 | 19:05 | 4:39 | 15 | 5:00 | 253 | 8:04 | 19.80 | 2:09:39 | 6:32 | 18 | 26:48 | 263 | 53:39 |
| Loddenke | 3.10 | 15:15 | 4:55 | 19 | 3:27 | 267 | 5:59 | 22.90 | 2:24:54 | 6:19 | 18 | 30:15 | 262 | 59:38 |
| Ilseburg/Markt | 3.30 | 16:44 | 5:04 | 20 | 3:38 | 257 | 6:24 | 26.20 | 2:41:38 | 6:10 | 16 | 33:53 | 259 | 1:06:02 |