



# 47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

**JESSE, Claus**

□□: Hildesheim  
 □□: 88

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:46:37

□□: 9.36 km/h  
 □□□□: 6:22 min/km

□□□□□/□□□: 318 (of 500)

□□□□□/□: 291 (of 423)

□□□□□□: 1:35:36

□□□□□: 65(of 85)

□□□□□□□: 1:44:53

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:27    | 5:35         | 39      | 5:34    | 179     | 6:28    | 3.30  | 18:27     | 5:35          | 39      | 5:34    | 179     | 6:28    |
| Schlüsie        | 3.10     | 21:26    | 6:54         | 64      | 7:00    | 283     | 8:41    | 6.40  | 39:53     | 6:13          | 54      | 12:34   | 224     | 15:09   |
| Hermannsklippe  | 2.60     | 20:18    | 7:48         | 73      | 7:31    | 331     | 9:07    | 9.00  | 1:00:11   | 6:41          | 62      | 19:56   | 260     | 24:16   |
| Brocken         | 3.10     | 32:22    | 10:26        | 64      | 12:34   | 305     | 14:58   | 12.10 | 1:32:33   | 7:38          | 63      | 32:30   | 283     | 39:14   |
| Eiserner Handwe | 3.60     | 19:46    | 5:29         | 62      | 7:54    | 261     | 8:06    | 15.70 | 1:52:19   | 7:09          | 64      | 40:24   | 280     | 47:20   |
| Schlüsie        | 4.10     | 19:22    | 4:43         | 66      | 7:26    | 270     | 8:21    | 19.80 | 2:11:41   | 6:39          | 64      | 47:50   | 279     | 55:41   |
| Loddenke        | 3.10     | 16:40    | 5:22         | 74      | 6:43    | 347     | 7:24    | 22.90 | 2:28:21   | 6:28          | 65      | 54:33   | 284     | 1:03:05 |
| Ilseburg/Markt  | 3.30     | 18:16    | 5:32         | 73      | 7:11    | 334     | 7:56    | 26.20 | 2:46:37   | 6:21          | 65      | 1:01:44 | 293     | 1:11:01 |