



47. Brockenlauf

Ilseburg / 02.09.2017

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Vogt, Hartmut

□□: TuS Neudorf-Platendorf
 □□: 500

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M70 (70-74 Jahre)

□□□: 2:46:46

□□: 9.35 km/h
 □□□□: 6:22 min/km

□□□□□/□□□: 321 (of 500)

□□□□□/□: 294 (of 423)

□□□□□□: 1:35:36

□□□□□: 2(of 6)

□□□□□□□: 2:35:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:26 | 6:11 | 2 | 1:57 | 291 | 8:27 | 3.30 | 20:26 | 6:11 | 2 | 1:57 | 291 | 8:27 |
| Schlüsie | 3.10 | 22:10 | 7:09 | 2 | 2:17 | 326 | 9:25 | 6.40 | 42:36 | 6:39 | 2 | 4:14 | 321 | 17:52 |
| Hermannsklippe | 2.60 | 19:49 | 7:37 | 2 | 2:15 | 308 | 8:38 | 9.00 | 1:02:25 | 6:56 | 2 | 6:29 | 321 | 26:30 |
| Brocken | 3.10 | 31:27 | 10:08 | 2 | 4:10 | 279 | 14:03 | 12.10 | 1:33:52 | 7:45 | 2 | 10:39 | 302 | 40:33 |
| Eiserner Handwe | 3.60 | 19:38 | 5:27 | 1 | - | 252 | 7:58 | 15.70 | 1:53:30 | 7:13 | 2 | 9:39 | 291 | 48:31 |
| Schlüsie | 4.10 | 19:01 | 4:38 | 2 | 0:33 | 248 | 8:00 | 19.80 | 2:12:31 | 6:41 | 2 | 8:53 | 282 | 56:31 |
| Loddenke | 3.10 | 15:55 | 5:08 | 3 | 1:10 | 306 | 6:39 | 22.90 | 2:28:26 | 6:28 | 2 | 9:42 | 286 | 1:03:10 |
| Ilseburg/Markt | 3.30 | 18:20 | 5:33 | 3 | 1:38 | 339 | 8:00 | 26.20 | 2:46:46 | 6:21 | 2 | 11:20 | 296 | 1:11:10 |