



# 47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

**KRAMER, Manfred**

□□: Werder Bremen FC Osis  
 □□: 144

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:54:14

□□: 8.95 km/h  
 □□□□: 6:39 min/km

□□□□□/□□□: 380 (of 500)

□□□□□/□: 337 (of 423)

□□□□□□: 1:35:36

□□□□□: 32(of 45)

□□□□□□□: 2:07:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:38    | 6:15         | 28      | 4:27    | 308     | 8:39    | 3.30  | 20:38     | 6:15          | 28      | 4:27    | 308     | 8:39    |
| Schlüsie        | 3.10     | 22:53    | 7:22         | 31      | 5:32    | 354     | 10:08   | 6.40  | 43:31     | 6:47          | 31      | 9:59    | 340     | 18:47   |
| Hermannsklippe  | 2.60     | 20:23    | 7:50         | 30      | 5:02    | 339     | 9:12    | 9.00  | 1:03:54   | 7:05          | 31      | 15:01   | 342     | 27:59   |
| Brocken         | 3.10     | 33:58    | 10:57        | 32      | 9:04    | 347     | 16:34   | 12.10 | 1:37:52   | 8:05          | 31      | 23:36   | 345     | 44:33   |
| Eiserner Handwe | 3.60     | 21:56    | 6:05         | 33      | 7:26    | 342     | 10:16   | 15.70 | 1:59:48   | 7:37          | 32      | 31:02   | 349     | 54:49   |
| Schlüsie        | 4.10     | 21:06    | 5:08         | 30      | 7:01    | 339     | 10:05   | 19.80 | 2:20:54   | 7:06          | 31      | 38:03   | 343     | 1:04:54 |
| Loddenke        | 3.10     | 15:43    | 5:04         | 26      | 3:55    | 292     | 6:27    | 22.90 | 2:36:37   | 6:50          | 32      | 41:58   | 341     | 1:11:21 |
| Ilseburg/Markt  | 3.30     | 17:37    | 5:20         | 27      | 4:31    | 302     | 7:17    | 26.20 | 2:54:14   | 6:39          | 32      | 46:29   | 339     | 1:18:38 |