



47. Brockenlauf

Ilseburg / 02.09.2017

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Landwehr, Stefan

□□: Erfurt

□□: 526

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:55:51

□□: 8.87 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 393 (of 500)

□□□□□/□: 346 (of 423)

□□□□□□: 1:35:36

□□□□□: 44(of 53)

□□□□□□□: 1:54:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:37	6:33	44	7:39	360	9:38	3.30	21:37	6:33	44	7:39	360	9:38	
Schlüsie	3.10	23:33	7:35	49	8:00	363	10:48	6.40	45:10	7:03	48	15:39	365	20:26	
Hermannsklippe	2.60	20:35	7:54	46	6:52	344	9:24	9.00	1:05:45	7:18	48	22:31	358	29:50	
Brocken	3.10	33:33	10:49	45	12:54	337	16:09	12.10	1:39:18	8:12	47	34:57	357	45:59	
Eiserner Handwe	3.60	21:15	5:54	38	7:58	318	9:35	15.70	2:00:33	7:40	48	42:55	356	55:34	
Schlüsie	4.10	20:40	5:02	43	7:52	325	9:39	19.80	2:21:13	7:07	47	50:47	354	1:05:13	
Loddenke	3.10	16:47	5:24	47	5:48	354	7:31	22.90	2:38:00	6:53	46	56:35	350	1:12:44	
Ilseburg/Markt	3.30	17:51	5:24	42	5:16	317	7:31	26.20	2:55:51	6:42	45	1:01:51	348	1:20:15	