



47. Brockenlauf

Ilseburg / 02.09.2017

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OTTO, Tobias

□□: Hildesheim
 □□: 128

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:58:12

□□: 8.75 km/h
 □□□□: 6:48 min/km

□□□□□/□□□: 399 (of 500)

□□□□□/□: 353 (of 423)

□□□□□□: 1:35:36

□□□□□: 46(of 53)

□□□□□□□: 1:54:00

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:43	5:40	28	4:45	194	6:44	3.30	18:43	5:40	28	4:45	194	6:44	
Schlüsie	3.10	22:15	7:10	42	6:42	330	9:30	6.40	40:58	6:24	31	11:27	259	16:14	
Hermannsklippe	2.60	20:26	7:51	45	6:43	340	9:15	9.00	1:01:24	6:49	35	18:10	289	25:29	
Brocken	3.10	35:19	11:23	50	14:40	374	17:55	12.10	1:36:43	7:59	43	32:22	336	43:24	
Eiserner Handwe	3.60	23:40	6:34	49	10:23	387	12:00	15.70	2:00:23	7:40	46	42:45	351	55:24	
Schlüsie	4.10	20:39	5:02	42	7:51	324	9:38	19.80	2:21:02	7:07	45	50:36	344	1:05:02	
Loddenke	3.10	18:12	5:52	50	7:13	380	8:56	22.90	2:39:14	6:57	47	57:49	355	1:13:58	
Ilseburg/Markt	3.30	18:58	5:44	47	6:23	364	8:38	26.20	2:58:12	6:48	47	1:04:12	355	1:22:36	