



47. Brockenlauf

Ilseburg / 02.09.2017

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JURKEIT, Michael

□□: Fishtown Runners Bremerhaven
 □□: 140

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:59:09

□□: 8.71 km/h
 □□□□: 6:50 min/km

□□□□□/□□□: 405 (of 500)

□□□□□/□: 357 (of 423)

□□□□□□: 1:35:36

□□□□□: 77(of 85)

□□□□□□□: 1:44:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:13 | 6:25 | 75 | 8:20 | 351 | 9:14 | 3.30 | 21:13 | 6:25 | 75 | 8:20 | 351 | 9:14 |
| Schlüsie | 3.10 | 22:51 | 7:22 | 77 | 8:25 | 353 | 10:06 | 6.40 | 44:04 | 6:53 | 77 | 16:45 | 350 | 19:20 |
| Hermannsklippe | 2.60 | 19:45 | 7:35 | 68 | 6:58 | 304 | 8:34 | 9.00 | 1:03:49 | 7:05 | 76 | 23:34 | 341 | 27:54 |
| Brocken | 3.10 | 33:22 | 10:45 | 73 | 13:34 | 332 | 15:58 | 12.10 | 1:37:11 | 8:01 | 75 | 37:08 | 340 | 43:52 |
| Eiserner Handwe | 3.60 | 21:56 | 6:05 | 75 | 10:04 | 342 | 10:16 | 15.70 | 1:59:07 | 7:35 | 75 | 47:12 | 345 | 54:08 |
| Schlüsie | 4.10 | 23:16 | 5:40 | 81 | 11:20 | 383 | 12:15 | 19.80 | 2:22:23 | 7:11 | 77 | 58:32 | 357 | 1:06:23 |
| Loddenke | 3.10 | 18:13 | 5:52 | 80 | 8:16 | 381 | 8:57 | 22.90 | 2:40:36 | 7:00 | 77 | 1:06:48 | 358 | 1:15:20 |
| Ilseburg/Markt | 3.30 | 18:33 | 5:37 | 75 | 7:28 | 351 | 8:13 | 26.20 | 2:59:09 | 6:50 | 77 | 1:14:16 | 359 | 1:23:33 |