



# 47. Brockenlauf

Ilseburg / 02.09.2017

□□□□

**KRAUSE, Karl-Heinz**

□□: erst laufen dann saufen

□□: 378

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:32:56

□□: 7.33 km/h

□□□□: 8:08 min/km

□□□□□/□□□: 479 (of 500)

□□□□□/□: 410 (of 423)

□□□□□□: 1:35:36

□□□□□: 43(of 45)

□□□□□□□: 2:07:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 24:24    | 7:23         | 43      | 8:13    | 412     | 12:25   | 3.30  | 24:24     | 7:23      | 43            | 8:13    | 412     | 12:25   |         |
| Schlüsie        | 3.10     | 25:46    | 8:18         | 41      | 8:25    | 403     | 13:01   | 6.40  | 50:10     | 7:50      | 42            | 16:38   | 409     | 25:26   |         |
| Hermannsklippe  | 2.60     | 26:16    | 10:06        | 45      | 10:55   | 418     | 15:05   | 9.00  | 1:16:26   | 8:29      | 45            | 27:33   | 413     | 40:31   |         |
| Brocken         | 3.10     | 40:36    | 13:05        | 45      | 15:42   | 414     | 23:12   | 12.10 | 1:57:02   | 9:40      | 45            | 42:46   | 414     | 1:03:43 |         |
| Eiserner Handwe | 3.60     | 27:11    | 7:33         | 43      | 12:41   | 413     | 15:31   | 15.70 | 2:24:13   | 9:11      | 45            | 55:27   | 414     | 1:19:14 |         |
| Schlüsie        | 4.10     | 26:43    | 6:30         | 43      | 12:38   | 409     | 15:42   | 19.80 | 2:50:56   | 8:37      | 43            | 1:08:05 | 412     | 1:34:56 |         |
| Loddenke        | 3.10     | 19:35    | 6:19         | 42      | 7:47    | 402     | 10:19   | 22.90 | 3:10:31   | 8:19      | 43            | 1:15:52 | 411     | 1:45:15 |         |
| Ilseburg/Markt  | 3.30     | 22:25    | 6:47         | 43      | 9:19    | 410     | 12:05   | 26.20 | 3:32:56   | 8:07      | 43            | 1:25:11 | 412     | 1:57:20 |         |