



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Göbel, Matthias**

□□: NSV Wernigerode

□□: 416

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 1:50:43

□□: 14.09 km/h

□□□□: 4:14 min/km

□□□□□/□□□: 2 (of 492)

□□□□□/□: 2 (of 415)

□□□□□□: 1:38:33

□□□□□: 2(of 33)

□□□□□□□: 1:38:33

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 12:44    | 3:51         | 2       | 0:52    | 2       | 0:52    | 3.30  | 12:44     | 3:51      | 33            |         |         | 3       |         |
| Schlüsie        | 3.10     | 14:00    | 4:30         | 2       | 1:02    | 2       | 1:02    | 6.40  | 26:44     | 4:10      | 33            |         |         | 2       | 1:54    |
| Hermannsklippe  | 2.60     | 12:14    | 4:42         | 2       | 0:43    | 2       | 0:43    | 9.00  | 38:58     | 4:19      | 33            |         |         | 2       | 2:37    |
| Brocken         | 3.10     | 19:21    | 6:14         | 2       | 1:31    | 2       | 1:31    | 12.10 | 58:19     | 4:49      | 33            |         |         | 2       | 4:08    |
| Eiserner Handwe | 3.60     | 12:30    | 3:28         | 2       | 0:28    | 2       | 0:28    | 15.70 | 1:10:49   | 4:30      | 33            |         |         | 2       | 4:36    |
| Schlüsie        | 4.10     | 13:09    | 3:12         | 5       | 1:39    | 10      | 1:39    | 19.80 | 1:23:58   | 4:14      | 33            |         |         | 2       | 6:15    |
| Loddenke        | 3.10     | 11:55    | 3:50         | 6       | 2:05    | 15      | 2:05    | 22.90 | 1:35:53   | 4:11      | 33            |         |         | 2       | 8:20    |
| Ilseburg/Markt  | 3.30     | 14:50    | 4:29         | 13      | 3:50    | 83      | 6:18    | 26.20 | 1:50:43   | 4:13      | 2             | 12:10   | 2       | 12:10   |         |