



44. Brockenlauf Ilseburg / 06.09.2014

0000

Altmann, Thomas

00: TSG GutsMuths Quedlinburg
00: 427

00: 26.20 km
26,2 km - Lauf

0000:
Senioren M50 (50-54 Jahre)

000: 2:03:47

00: 12.70 km/h
0000: 4:43 min/km

00000/000: 18 (of 492)

00000/0: 18 (of 415)

000000: 1:38:33

00000: 1(of 62)

0000000: 2:03:47

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	15:10	4:35	1	-	27	3:18	3.30	15:10	4:35	48	-	19	
Schlüsse	3.10	16:22	5:16	1	-	19	3:24	6.40	31:32	4:55	48	-	18	6:42
Hermannsklippe	2.60	14:21	5:31	1	-	15	2:50	9.00	45:53	5:05	48	-	18	9:32
Brocken	3.10	24:32	7:54	2	0:22	35	6:42	12.10	1:10:25	5:49	48	-	18	16:14
Eiserner Handwe	3.60	14:50	4:07	1	-	18	2:48	15.70	1:25:15	5:25	48	-	18	19:02
Schlüsse	4.10	14:03	3:25	1	-	18	2:33	19.80	1:39:18	5:00	48	-	18	21:35
Loddenke	3.10	11:49	3:48	1	-	13	1:59	22.90	1:51:07	4:51	48	-	18	23:34
Ilseburg/Markt	3.30	12:40	3:50	1	-	12	4:08	26.20	2:03:47	4:43	1	-	18	25:14