



44. Brockenlauf

Ilseburg / 06.09.2014

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Rother, André

□□: LAV Alfeld
 □□: 1090

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:08:01

□□: 12.19 km/h
 □□□□: 4:53 min/km

□□□□□/□□□: 26 (of 492)

□□□□□/□: 25 (of 415)

□□□□□□: 1:38:33

□□□□□: 5(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	14:20	4:20	2	0:06	10	2:28	3.30	14:20	4:20	70	-	13	-
Schlüsie	3.10	16:23	5:17	4	0:44	20	3:25	6.40	30:43	4:47	70	-	25	5:53
Hermannsklippe	2.60	15:13	5:51	6	1:22	35	3:42	9.00	45:56	5:06	70	-	25	9:35
Brocken	3.10	25:38	8:16	13	4:18	54	7:48	12.10	1:11:34	5:54	70	-	25	17:23
Eiserner Handwe	3.60	15:14	4:13	6	1:14	29	3:12	15.70	1:26:48	5:31	70	-	25	20:35
Schlüsie	4.10	14:13	3:28	2	0:51	20	2:43	19.80	1:41:01	5:06	70	-	25	23:18
Loddenke	3.10	12:26	4:00	9	1:11	34	2:36	22.90	1:53:27	4:57	70	-	25	25:54
Ilseburg/Markt	3.30	14:34	4:24	15	2:22	68	6:02	26.20	2:08:01	4:53	5	9:40	25	29:28