



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Winkler, Jürgen**

□□: Delligser SC

□□: 173

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:15:29

□□: 11.51 km/h

□□□□: 5:10 min/km

□□□□□/□□□: 51 (of 492)

□□□□□/□: 50 (of 415)

□□□□□□: 1:38:33

□□□□□: 4(of 47)

□□□□□□□: 2:12:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:00	4:50	2	0:06	45	4:08	3.30	16:00	4:50	28	-	51	
Schlüsie	3.10	18:01	5:48	3	0:33	58	5:03	6.40	34:01	5:18	28	-	50	9:11
Hermannsklippe	2.60	16:20	6:16	4	0:33	67	4:49	9.00	50:21	5:35	28	-	50	14:00
Brocken	3.10	27:09	8:45	7	2:02	87	9:19	12.10	1:17:30	6:24	28	-	50	23:19
Eiserner Handwe	3.60	15:27	4:17	2	0:20	33	3:25	15.70	1:32:57	5:55	28	-	50	26:44
Schlüsie	4.10	14:53	3:37	2	0:30	31	3:23	19.80	1:47:50	5:26	28	-	50	30:07
Loddenke	3.10	12:47	4:07	3	0:38	51	2:57	22.90	2:00:37	5:16	28	-	50	33:04
Ilseburg/Markt	3.30	14:52	4:30	6	0:58	86	6:20	26.20	2:15:29	5:10	4	2:49	50	36:56