



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Ackermann, Martin**

□□: Beijing Roadrunners Club

□□: 57

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:15:36

□□: 11.50 km/h

□□□□: 5:11 min/km

□□□□□/□□□: 53 (of 492)

□□□□□/□: 52 (of 415)

□□□□□□: 1:38:33

□□□□□: 4(of 36)

□□□□□□□: 1:58:41

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:35    | 5:19         | 8       | 3:15    | 102     | 5:43    | 3.30  | 17:35     | 5:19          | 22      | -       | 53      |         |
| Schlüsie        | 3.10     | 18:30    | 5:58         | 9       | 2:32    | 82      | 5:32    | 6.40  | 36:05     | 5:38          | 22      | -       | 52      | 11:15   |
| Hermannsklippe  | 2.60     | 16:20    | 6:16         | 9       | 2:18    | 67      | 4:49    | 9.00  | 52:25     | 5:49          | 22      | -       | 52      | 16:04   |
| Brocken         | 3.10     | 25:30    | 8:13         | 7       | 3:59    | 52      | 7:40    | 12.10 | 1:17:55   | 6:26          | 22      | -       | 52      | 23:44   |
| Eiserner Handwe | 3.60     | 15:49    | 4:23         | 4       | 1:13    | 42      | 3:47    | 15.70 | 1:33:44   | 5:58          | 22      | -       | 52      | 27:31   |
| Schlüsie        | 4.10     | 15:37    | 3:48         | 2       | 1:38    | 51      | 4:07    | 19.80 | 1:49:21   | 5:31          | 22      | -       | 52      | 31:38   |
| Loddenke        | 3.10     | 12:33    | 4:02         | 2       | 1:00    | 40      | 2:43    | 22.90 | 2:01:54   | 5:19          | 22      | -       | 52      | 34:21   |
| Ilseburg/Markt  | 3.30     | 13:42    | 4:09         | 2       | 1:00    | 33      | 5:10    | 26.20 | 2:15:36   | 5:10          | 4       | 16:55   | 52      | 37:03   |