



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Bock, Jörg**

□□: Magdeburg

□□: 343

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:20:28

□□: 11.19 km/h

□□□□: 5:22 min/km

□□□□□/□□□: 76 (of 492)

□□□□□/□: 73 (of 415)

□□□□□□: 1:38:33

□□□□□: 19(of 98)

□□□□□□□: 1:58:21

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:44    | 5:04         | 20      | 2:30    | 74      | 4:52    | 3.30  | 16:44     | 5:04          | 56      | -       | 64      | -       |
| Schlüsie        | 3.10     | 18:43    | 6:02         | 24      | 3:04    | 93      | 5:45    | 6.40  | 35:27     | 5:32          | 56      | -       | 73      | 10:37   |
| Hermannsklippe  | 2.60     | 16:51    | 6:28         | 26      | 3:00    | 94      | 5:20    | 9.00  | 52:18     | 5:48          | 56      | -       | 73      | 15:57   |
| Brocken         | 3.10     | 27:50    | 8:58         | 27      | 6:30    | 112     | 10:00   | 12.10 | 1:20:08   | 6:37          | 56      | -       | 73      | 25:57   |
| Eiserner Handwe | 3.60     | 16:09    | 4:29         | 16      | 2:09    | 57      | 4:07    | 15.70 | 1:36:17   | 6:07          | 56      | -       | 73      | 30:04   |
| Schlüsie        | 4.10     | 15:46    | 3:50         | 16      | 2:24    | 56      | 4:16    | 19.80 | 1:52:03   | 5:39          | 56      | -       | 73      | 34:20   |
| Loddenke        | 3.10     | 13:37    | 4:23         | 22      | 2:22    | 90      | 3:47    | 22.90 | 2:05:40   | 5:29          | 56      | -       | 73      | 38:07   |
| Ilseburg/Markt  | 3.30     | 14:48    | 4:29         | 19      | 2:36    | 78      | 6:16    | 26.20 | 2:20:28   | 5:21          | 19      | 22:07   | 73      | 41:55   |