



44. Brockenlauf

Ilseburg / 06.09.2014

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Dunemann, Jens

□□: Trollmusic Running Team
 □□: 149

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:29:03

□□: 10.47 km/h
 □□□□: 5:41 min/km

□□□□□/□□□: 137 (of 492)

□□□□□/□: 126 (of 415)

□□□□□□: 1:38:33

□□□□□: 12(of 36)

□□□□□□□: 1:58:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:01 | 5:27 | 15 | 3:41 | 130 | 6:09 | 3.30 | 18:01 | 5:27 | 30 | - | 129 | |
| Schlüsie | 3.10 | 19:11 | 6:11 | 12 | 3:13 | 122 | 6:13 | 6.40 | 37:12 | 5:48 | 30 | - | 88 | 12:22 |
| Hermannsklippe | 2.60 | 17:24 | 6:41 | 12 | 3:22 | 124 | 5:53 | 9.00 | 54:36 | 6:03 | 30 | - | 88 | 18:15 |
| Brocken | 3.10 | 29:06 | 9:23 | 14 | 7:35 | 153 | 11:16 | 12.10 | 1:23:42 | 6:55 | 30 | - | 128 | 29:31 |
| Eiserner Handwe | 3.60 | 18:09 | 5:02 | 16 | 3:33 | 160 | 6:07 | 15.70 | 1:41:51 | 6:29 | 30 | - | 128 | 35:38 |
| Schlüsie | 4.10 | 17:42 | 4:19 | 15 | 3:43 | 164 | 6:12 | 19.80 | 1:59:33 | 6:02 | 30 | - | 128 | 41:50 |
| Loddenke | 3.10 | 14:17 | 4:36 | 13 | 2:44 | 145 | 4:27 | 22.90 | 2:13:50 | 5:50 | 30 | - | 128 | 46:17 |
| Ilseburg/Markt | 3.30 | 15:13 | 4:36 | 9 | 2:31 | 110 | 6:41 | 26.20 | 2:29:03 | 5:41 | 12 | 30:22 | 131 | 50:30 |