



# 44. Brockenlauf

Ilseburg / 06.09.2014

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## Baumgart, Lutz

□□: Brockenlaufverein Ilseburg  
 □□: 253

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:29:47

□□: 10.42 km/h  
 □□□□: 5:43 min/km

□□□□□/□□□: 142 (of 492)

□□□□□/□: 131 (of 415)

□□□□□□: 1:38:33

□□□□□: 11(of 47)

□□□□□□□: 2:12:40

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:10    | 5:30         | 10      | 2:16    | 143     | 6:18    | 3.30  | 18:10     | 5:30          | 35      | -       | 111     |         |
| Schlüsie        | 3.10     | 20:11    | 6:30         | 15      | 2:43    | 179     | 7:13    | 6.40  | 38:21     | 5:59          | 35      | -       | 111     | 13:31   |
| Hermannsklippe  | 2.60     | 18:24    | 7:04         | 14      | 2:37    | 184     | 6:53    | 9.00  | 56:45     | 6:18          | 35      | -       | 133     | 20:24   |
| Brocken         | 3.10     | 28:40    | 9:14         | 12      | 3:33    | 142     | 10:50   | 12.10 | 1:25:25   | 7:03          | 35      | -       | 133     | 31:14   |
| Eiserner Handwe | 3.60     | 18:03    | 5:00         | 13      | 2:56    | 155     | 6:01    | 15.70 | 1:43:28   | 6:35          | 35      | -       | 133     | 37:15   |
| Schlüsie        | 4.10     | 17:16    | 4:12         | 12      | 2:53    | 139     | 5:46    | 19.80 | 2:00:44   | 6:05          | 35      | -       | 133     | 43:01   |
| Loddenke        | 3.10     | 13:56    | 4:29         | 10      | 1:47    | 113     | 4:06    | 22.90 | 2:14:40   | 5:52          | 25      | -       | 133     | 47:07   |
| Ilseburg/Markt  | 3.30     | 15:07    | 4:34         | 7       | 1:13    | 104     | 6:35    | 26.20 | 2:29:47   | 5:43          | 11      | 17:07   | 136     | 51:14   |