



44. Brockenlauf

Ilsenburg / 06.09.2014

□□□□

Bittner, Holger

□□: BLV Ilsenburg
 □□: 481

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:31:02

□□: 10.41 km/h
 □□□□: 5:46 min/km

□□□□□/□□□: 148 (of 492)

□□□□□/□: 137 (of 415)

□□□□□□: 1:38:33

□□□□□: 17(of 62)

□□□□□□□: 2:03:47

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:01 | 5:27 | 15 | 2:51 | 130 | 6:09 | 3.30 | 18:01 | 5:27 | 49 | - | 129 | |
| Schlüsie | 3.10 | 20:20 | 6:33 | 26 | 3:58 | 183 | 7:22 | 6.40 | 38:21 | 5:59 | 49 | - | 111 | 13:31 |
| Hermannsklippe | 2.60 | 18:45 | 7:12 | 30 | 4:24 | 210 | 7:14 | 9.00 | 57:06 | 6:20 | 49 | - | 139 | 20:45 |
| Brocken | 3.10 | 30:11 | 9:44 | 29 | 6:01 | 199 | 12:21 | 12.10 | 1:27:17 | 7:12 | 49 | - | 139 | 33:06 |
| Eiserner Handwe | 3.60 | 17:35 | 4:53 | 15 | 2:45 | 128 | 5:33 | 15.70 | 1:44:52 | 6:40 | 49 | - | 139 | 38:39 |
| Schlüsie | 4.10 | 16:58 | 4:08 | 16 | 2:55 | 120 | 5:28 | 19.80 | 2:01:50 | 6:09 | 49 | - | 139 | 44:07 |
| Loddenke | 3.10 | 14:04 | 4:32 | 16 | 2:15 | 126 | 4:14 | 22.90 | 2:15:54 | 5:56 | 49 | - | 139 | 48:21 |
| Ilsenburg/Markt | 3.30 | 15:08 | 4:35 | 15 | 2:28 | 105 | 6:36 | 26.20 | 2:31:02 | 5:45 | 19 | 27:15 | 142 | 52:29 |