



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Sternberg, Ulf

□□: Harz-Gebirgslauf Wernigerode
 □□: 187

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:33:00

□□: 10.20 km/h
 □□□□: 5:50 min/km

□□□□□/□□□: 167 (of 492)

□□□□□/□: 154 (of 415)

□□□□□□: 1:38:33

□□□□□: 20(of 62)

□□□□□□□: 2:03:47

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:06 | 5:47 | 30 | 3:56 | 202 | 7:14 | 3.30 | 19:06 | 5:47 | 7 | - | 157 | |
| Schlüsie | 3.10 | 19:53 | 6:24 | 22 | 3:31 | 162 | 6:55 | 6.40 | 38:59 | 6:05 | 52 | - | 156 | 14:09 |
| Hermannsklippe | 2.60 | 18:18 | 7:02 | 23 | 3:57 | 180 | 6:47 | 9.00 | 57:17 | 6:21 | 52 | - | 156 | 20:56 |
| Brocken | 3.10 | 29:29 | 9:30 | 21 | 5:19 | 167 | 11:39 | 12.10 | 1:26:46 | 7:10 | 52 | - | 156 | 32:35 |
| Eiserner Handwe | 3.60 | 18:09 | 5:02 | 25 | 3:19 | 160 | 6:07 | 15.70 | 1:44:55 | 6:40 | 52 | - | 156 | 38:42 |
| Schlüsie | 4.10 | 17:38 | 4:18 | 22 | 3:35 | 161 | 6:08 | 19.80 | 2:02:33 | 6:11 | 52 | - | 156 | 44:50 |
| Loddenke | 3.10 | 14:31 | 4:40 | 24 | 2:42 | 162 | 4:41 | 22.90 | 2:17:04 | 5:59 | 52 | - | 156 | 49:31 |
| Ilseburg/Markt | 3.30 | 15:56 | 4:49 | 24 | 3:16 | 160 | 7:24 | 26.20 | 2:33:00 | 5:50 | 22 | 29:13 | 159 | 54:27 |