



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Koch, Ingmar

□□: Ultramarathon Essighausen
 □□: 412

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:38:37

□□: 9.84 km/h
 □□□□: 6:03 min/km

□□□□□/□□□: 225 (of 492)

□□□□□/□: 204 (of 415)

□□□□□□: 1:38:33

□□□□□: 38(of 67)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:20	5:51	41	5:37	226	7:28	3.30	19:20	5:51	14		209	
Schlüsie	3.10	20:10	6:30	32	5:28	177	7:12	6.40	39:30	6:10	14		208	14:40
Hermannsklippe	2.60	18:19	7:02	36	5:34	181	6:48	9.00	57:49	6:25	14		208	21:28
Brocken	3.10	29:45	9:35	31	9:41	180	11:55	12.10	1:27:34	7:14	14	0:26	186	33:23
Eiserner Handwe	3.60	21:10	5:52	53	7:47	305	9:08	15.70	1:48:44	6:55	14	1:18	187	42:31
Schlüsie	4.10	19:05	4:39	46	6:07	241	7:35	19.80	2:07:49	6:27	14	1:18	208	50:06
Loddenke	3.10	14:57	4:49	39	4:11	200	5:07	22.90	2:22:46	6:14	14	0:53	208	55:13
Ilseburg/Markt	3.30	15:51	4:48	30	3:54	152	7:19	26.20	2:38:37	6:03	38	47:14	211	1:00:04