



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Teubener, Kai

□□: VfL Bückeberg

□□: 65

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:39:09

□□: 9.80 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 229 (of 492)

□□□□□/□: 208 (of 415)

□□□□□□: 1:38:33

□□□□□: 40(of 67)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:57 | 6:20 | 57 | 7:14 | 322 | 9:05 | 3.30 | 20:57 | 6:20 | 12 | 0:27 | 203 | 1:21 | |
| Schlüsie | 3.10 | 21:29 | 6:55 | 50 | 6:47 | 274 | 8:31 | 6.40 | 42:26 | 6:37 | 12 | 1:24 | 211 | 17:36 | |
| Hermannsklippe | 2.60 | 19:09 | 7:21 | 46 | 6:24 | 238 | 7:38 | 9.00 | 1:01:35 | 6:50 | 12 | 2:25 | 211 | 25:14 | |
| Brocken | 3.10 | 32:22 | 10:26 | 48 | 12:18 | 282 | 14:32 | 12.10 | 1:33:57 | 7:45 | 12 | 6:49 | 211 | 39:46 | |
| Eiserner Handwe | 3.60 | 18:59 | 5:16 | 37 | 5:36 | 210 | 6:57 | 15.70 | 1:52:56 | 7:11 | 12 | 5:30 | 211 | 46:43 | |
| Schlüsie | 4.10 | 17:13 | 4:11 | 27 | 4:15 | 137 | 5:43 | 19.80 | 2:10:09 | 6:34 | 12 | 3:38 | 211 | 52:26 | |
| Loddenke | 3.10 | 13:55 | 4:29 | 23 | 3:09 | 111 | 4:05 | 22.90 | 2:24:04 | 6:17 | 12 | 2:11 | 211 | 56:31 | |
| Ilseburg/Markt | 3.30 | 15:05 | 4:34 | 20 | 3:08 | 99 | 6:33 | 26.20 | 2:39:09 | 6:04 | 40 | 47:46 | 215 | 1:00:36 | |