



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Hohlstamm, Stefan

□□: WASPO 08 Göttingen

□□: 172

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:39:10

□□: 9.80 km/h

□□□□: 6:05 min/km

□□□□□/□□□: 230 (of 492)

□□□□□/□: 209 (of 415)

□□□□□□: 1:38:33

□□□□□: 22(of 36)

□□□□□□□: 1:53:17

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:46 | 5:59 | 24 | 5:26 | 256 | 7:54 | 3.30 | 19:46 | 5:59 | 4 | | | 214 | 0:10 |
| Schlüsie | 3.10 | 21:23 | 6:53 | 28 | 5:27 | 269 | 8:25 | 6.40 | 41:09 | 6:25 | 4 | | | 213 | 16:19 |
| Hermannsklippe | 2.60 | 19:10 | 7:22 | 25 | 5:41 | 241 | 7:39 | 9.00 | 1:00:19 | 6:42 | 4 | | | 213 | 23:58 |
| Brocken | 3.10 | 29:45 | 9:35 | 22 | 8:30 | 180 | 11:55 | 12.10 | 1:30:04 | 7:26 | 4 | | | 213 | 35:53 |
| Eiserner Handwe | 3.60 | 18:38 | 5:10 | 21 | 5:26 | 188 | 6:36 | 15.70 | 1:48:42 | 6:55 | 4 | | | 213 | 42:29 |
| Schlüsie | 4.10 | 17:47 | 4:20 | 18 | 5:05 | 169 | 6:17 | 19.80 | 2:06:29 | 6:23 | 4 | | | 213 | 48:46 |
| Loddenke | 3.10 | 15:16 | 4:55 | 19 | 4:52 | 224 | 5:26 | 22.90 | 2:21:45 | 6:11 | 4 | | | 213 | 54:12 |
| Ilseburg/Markt | 3.30 | 17:25 | 5:16 | 23 | 6:00 | 255 | 8:53 | 26.20 | 2:39:10 | 6:04 | 23 | 45:53 | | 216 | 1:00:37 |