



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Börger, Walter

□□: VfL Kloster Oesede
 □□: 436

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 2:41:47

□□: 9.64 km/h
 □□□□: 6:10 min/km

□□□□□/□□□: 250 (of 492)

□□□□□/□: 225 (of 415)

□□□□□□: 1:38:33

□□□□□: 8(of 24)

□□□□□□□: 2:19:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:48 | 6:18 | 10 | 4:22 | 309 | 8:56 | 3.30 | 20:48 | 6:18 | 18 | - | 232 | 1:12 |
| Schlüsie | 3.10 | 21:20 | 6:52 | 8 | 3:00 | 264 | 8:22 | 6.40 | 42:08 | 6:34 | 18 | - | 231 | 17:18 |
| Hermannsklippe | 2.60 | 19:08 | 7:21 | 8 | 2:38 | 237 | 7:37 | 9.00 | 1:01:16 | 6:48 | 18 | - | 231 | 24:55 |
| Brocken | 3.10 | 31:46 | 10:14 | 10 | 4:13 | 265 | 13:56 | 12.10 | 1:33:02 | 7:41 | 18 | - | 231 | 38:51 |
| Eiserner Handwe | 3.60 | 18:18 | 5:04 | 5 | 1:23 | 171 | 6:16 | 15.70 | 1:51:20 | 7:05 | 18 | - | 231 | 45:07 |
| Schlüsie | 4.10 | 18:25 | 4:29 | 8 | 2:05 | 211 | 6:55 | 19.80 | 2:09:45 | 6:33 | 18 | - | 231 | 52:02 |
| Loddenke | 3.10 | 15:11 | 4:53 | 11 | 1:59 | 218 | 5:21 | 22.90 | 2:24:56 | 6:19 | 18 | - | 231 | 57:23 |
| Ilseburg/Markt | 3.30 | 16:51 | 5:06 | 10 | 8:19 | 224 | 8:19 | 26.20 | 2:41:47 | 6:10 | 8 | 22:04 | 234 | 1:03:14 |