



# 44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Gille, Wiegbert

□□□: 2:42:35

□□: 1062

□□: 9.60 km/h

□□□□: 6:13 min/km

□□: 26.20 km

□□□□□/□□□: 256 (of 492)

26,2 km - Lauf

□□□□□/□: 236 (of 415)

□□□□□□: 1:38:33

□□□□:

□□□□□: 19(of 47)

Senioren M55 (55-59 Jahre)

□□□□□□□: 2:12:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:25	5:53	21	3:31	231	7:33	3.30	19:25	5:53	43	-	-	237	
Schlüsie	3.10	20:54	6:44	20	3:26	227	7:56	6.40	40:19	6:17	43	-	-	203	15:29
Hermannsklippe	2.60	18:53	7:15	16	3:06	218	7:22	9.00	59:12	6:34	43	-	-	236	22:51
Brocken	3.10	30:54	9:58	20	5:47	232	13:04	12.10	1:30:06	7:26	43	-	-	220	35:55
Eiserner Handwe	3.60	19:29	5:24	19	4:22	236	7:27	15.70	1:49:35	6:58	43	-	-	236	43:22
Schlüsie	4.10	18:28	4:30	17	4:05	215	6:58	19.80	2:08:03	6:28	43	-	-	236	50:20
Loddenke	3.10	16:53	5:26	29	4:44	327	7:03	22.90	2:24:56	6:19	43	-	-	231	57:23
Ilseburg/Markt	3.30	17:39	5:20	24	3:45	267	9:07	26.20	2:42:35	6:12	19	29:55	-	239	1:04:02