



44. Brockenlauf
Ilseburg / 06.09.2014

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Pfeiffer, Matthias

□□□: 2:43:41

□□: 473

□□: 9.53 km/h

□□□□: 6:15 min/km

□□: 26.20 km

□□□□□/□□□: 265 (of 492)

26,2 km - Lauf

□□□□□/□: 237 (of 415)

□□□□□□: 1:38:33

□□□□:

□□□□□: 47(of 67)

Senioren M40 (40-44 Jahre)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:26 | 5:53 | 43 | 5:43 | 233 | 7:34 | 3.30 | 19:26 | 5:53 | 4 | | 244 | |
| Schlüsie | 3.10 | 19:26 | 6:16 | 23 | 4:44 | 130 | 6:28 | 6.40 | 38:52 | 6:04 | 5 | | 243 | 14:02 |
| Hermannsklippe | 2.60 | 17:43 | 6:48 | 26 | 4:58 | 139 | 6:12 | 9.00 | 56:35 | 6:17 | 5 | | 243 | 20:14 |
| Brocken | 3.10 | 31:04 | 10:01 | 40 | 11:00 | 239 | 13:14 | 12.10 | 1:27:39 | 7:14 | 5 | 0:31 | 200 | 33:28 |
| Eiserner Handwe | 3.60 | 20:17 | 5:38 | 46 | 6:54 | 270 | 8:15 | 15.70 | 1:47:56 | 6:52 | 5 | 0:30 | 243 | 41:43 |
| Schlüsie | 4.10 | 20:38 | 5:01 | 54 | 7:40 | 313 | 9:08 | 19.80 | 2:08:34 | 6:29 | 5 | 2:03 | 243 | 50:51 |
| Loddenke | 3.10 | 16:53 | 5:26 | 55 | 6:07 | 327 | 7:03 | 22.90 | 2:25:27 | 6:21 | 5 | 3:34 | 241 | 57:54 |
| Ilseburg/Markt | 3.30 | 18:14 | 5:31 | 51 | 6:17 | 301 | 9:42 | 26.20 | 2:43:41 | 6:14 | 48 | 52:18 | 247 | 1:05:08 |