



44. Brockenlauf

Ilseburg / 06.09.2014

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Hohls, Benjamin

□□: Assel on the Road
 □□: 431

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 2:46:10

□□: 9.39 km/h
 □□□□: 6:20 min/km

□□□□□/□□□: 283 (of 492)

□□□□□/□: 251 (of 415)

□□□□□□: 1:38:33

□□□□□: 26(of 36)

□□□□□□□: 1:53:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:59	6:03	27	5:39	271	8:07	3.30	19:59	6:03	9		257	0:23
Schlüsie	3.10	20:42	6:40	23	4:46	213	7:44	6.40	40:41	6:21	9		256	15:51
Hermannsklippe	2.60	19:44	7:35	28	6:15	271	8:13	9.00	1:00:25	6:42	9		258	24:04
Brocken	3.10	29:17	9:26	20	8:02	160	11:27	12.10	1:29:42	7:24	9		258	35:31
Eiserner Handwe	3.60	22:29	6:14	33	9:17	354	10:27	15.70	1:52:11	7:08	9		257	45:58
Schlüsie	4.10	21:28	5:14	32	8:46	346	9:58	19.80	2:13:39	6:45	9	2:30	258	55:56
Loddenke	3.10	16:02	5:10	28	5:38	275	6:12	22.90	2:29:41	6:32	9	2:27	258	1:02:08
Ilseburg/Markt	3.30	16:29	4:59	18	5:04	196	7:57	26.20	2:46:10	6:20	28	52:53	262	1:07:37