



44. Brockenlauf

Ilseburg / 06.09.2014

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Pöhler, Volker

□□: SV Frille Wietersheim
 □□: 361

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:46:12

□□: 9.39 km/h
 □□□□: 6:20 min/km

□□□□□/□□□: 284 (of 492)

□□□□□/□: 252 (of 415)

□□□□□□: 1:38:33

□□□□□: 49(of 67)

□□□□□□□: 1:51:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:25	5:53	42	5:42	231	7:33	3.30	19:25	5:53	2			237	
Schlüsie	3.10	21:02	6:47	45	6:20	234	8:04	6.40	40:27	6:19	2			260	15:37
Hermannsklippe	2.60	19:31	7:30	50	6:46	258	8:00	9.00	59:58	6:39	2	0:48		260	23:37
Brocken	3.10	30:31	9:50	36	10:27	215	12:41	12.10	1:30:29	7:28	2	3:21		260	36:18
Eiserner Handwe	3.60	20:48	5:46	52	7:25	292	8:46	15.70	1:51:17	7:05	2	3:51		260	45:04
Schlüsie	4.10	20:17	4:56	52	7:19	298	8:47	19.80	2:11:34	6:38	2	5:03		260	53:51
Loddenke	3.10	16:21	5:16	50	5:35	293	6:31	22.90	2:27:55	6:27	2	6:02		260	1:00:22
Ilseburg/Markt	3.30	18:17	5:32	52	6:20	302	9:45	26.20	2:46:12	6:20	50	54:49		263	1:07:39