



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Twyrdy, Krystian

□□: LV. ASPA Wolfsburg

□□: 202

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:46:44

□□: 9.36 km/h

□□□□: 6:22 min/km

□□□□□/□□□: 292 (of 492)

□□□□□/□: 257 (of 415)

□□□□□□: 1:38:33

□□□□□: 40(of 62)

□□□□□□□: 2:03:47

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:44	6:35	57	6:34	352	9:52	3.30	21:44	6:35	8	0:51	264	2:08	
Schlüsie	3.10	22:37	7:17	51	6:15	319	9:39	6.40	44:21	6:55	8	1:39	263	19:31	
Hermannsklippe	2.60	20:04	7:43	42	5:43	286	8:33	9.00	1:04:25	7:09	8	0:54	263	28:04	
Brocken	3.10	31:45	10:14	45	7:35	264	13:55	12.10	1:36:10	7:56	8		263	41:59	
Eiserner Handwe	3.60	20:38	5:43	44	5:48	288	8:36	15.70	1:56:48	7:26	8		263	50:35	
Schlüsie	4.10	19:23	4:43	39	5:20	260	7:53	19.80	2:16:11	6:52	8		263	58:28	
Loddenke	3.10	14:50	4:47	30	3:01	193	5:00	22.90	2:31:01	6:35	8		263	1:03:28	
Ilseburg/Markt	3.30	15:43	4:45	22	3:03	147	7:11	26.20	2:46:44	6:21	42	42:57	268	1:08:11	