



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Schmidt, Swen

□□: Harzgerode
 □□: 499

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:47:04

□□: 9.34 km/h
 □□□□: 6:23 min/km

□□□□□/□□□: 295 (of 492)

□□□□□/□: 259 (of 415)

□□□□□□: 1:38:33

□□□□□: 25(of 36)

□□□□□□□: 1:58:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:33 | 5:55 | 22 | 5:13 | 240 | 7:41 | 3.30 | 19:33 | 5:55 | 7 | | 267 | |
| Schlüsie | 3.10 | 21:03 | 6:47 | 23 | 5:05 | 236 | 8:05 | 6.40 | 40:36 | 6:20 | 7 | | 266 | 15:46 |
| Hermannsklippe | 2.60 | 20:28 | 7:52 | 28 | 6:26 | 303 | 8:57 | 9.00 | 1:01:04 | 6:47 | 7 | 0:44 | 266 | 24:43 |
| Brocken | 3.10 | 33:29 | 10:48 | 30 | 11:58 | 316 | 15:39 | 12.10 | 1:34:33 | 7:48 | 7 | 2:37 | 266 | 40:22 |
| Eiserner Handwe | 3.60 | 20:19 | 5:38 | 24 | 5:43 | 273 | 8:17 | 15.70 | 1:54:52 | 7:18 | 7 | 1:20 | 266 | 48:39 |
| Schlüsie | 4.10 | 19:41 | 4:48 | 24 | 5:42 | 274 | 8:11 | 19.80 | 2:14:33 | 6:47 | 7 | 1:02 | 266 | 56:50 |
| Loddenke | 3.10 | 15:33 | 5:00 | 20 | 4:00 | 240 | 5:43 | 22.90 | 2:30:06 | 6:33 | 7 | | 266 | 1:02:33 |
| Ilseburg/Markt | 3.30 | 16:58 | 5:08 | 20 | 4:16 | 229 | 8:26 | 26.20 | 2:47:04 | 6:22 | 25 | 48:23 | 270 | 1:08:31 |