



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Hübscher, Adolf

□□: LG Kleines Fenn
 □□: 168

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:48:19

□□: 9.27 km/h
 □□□□: 6:25 min/km

□□□□□/□□□: 306 (of 492)

□□□□□/□: 269 (of 415)

□□□□□□: 1:38:33

□□□□□: 19(of 47)

□□□□□□□: 2:12:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:01 | 6:03 | 26 | 4:07 | 273 | 8:09 | 3.30 | 20:01 | 6:03 | 45 | - | 155 | 0:25 |
| Schlüsie | 3.10 | 21:38 | 6:58 | 25 | 4:10 | 284 | 8:40 | 6.40 | 41:39 | 6:30 | 45 | - | 276 | 16:49 |
| Hermannsklippe | 2.60 | 19:30 | 7:30 | 22 | 3:43 | 256 | 7:59 | 9.00 | 1:01:09 | 6:47 | 45 | - | 276 | 24:48 |
| Brocken | 3.10 | 30:41 | 9:53 | 17 | 5:34 | 222 | 12:51 | 12.10 | 1:31:50 | 7:35 | 45 | - | 276 | 37:39 |
| Eiserner Handwe | 3.60 | 19:37 | 5:26 | 20 | 4:30 | 246 | 7:35 | 15.70 | 1:51:27 | 7:05 | 45 | - | 276 | 45:14 |
| Schlüsie | 4.10 | 20:44 | 5:03 | 30 | 6:21 | 319 | 9:14 | 19.80 | 2:12:11 | 6:40 | 45 | - | 276 | 54:28 |
| Loddenke | 3.10 | 17:29 | 5:38 | 36 | 5:20 | 351 | 7:39 | 22.90 | 2:29:40 | 6:32 | 45 | - | 276 | 1:02:07 |
| Ilseburg/Markt | 3.30 | 18:39 | 5:39 | 29 | 4:45 | 312 | 10:07 | 26.20 | 2:48:19 | 6:25 | 21 | 35:39 | 280 | 1:09:46 |