



44. Brockenlauf

Ilsenburg / 06.09.2014

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Rettig, Jens

□□: Team Erdinger Alkoholfrei

□□: 56

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:48:31

□□: 9.26 km/h

□□□□: 6:26 min/km

□□□□□/□□□: 307 (of 492)

□□□□□/□: 270 (of 415)

□□□□□□: 1:38:33

□□□□□: 68(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:15	5:31	36	4:01	150	6:23	3.30	18:15	5:31	6		185	
Schlüsie	3.10	21:00	6:46	61	5:21	233	8:02	6.40	39:15	6:07	6		278	14:25
Hermannsklippe	2.60	20:26	7:51	74	6:35	301	8:55	9.00	59:41	6:37	6		278	23:20
Brocken	3.10	32:25	10:27	70	11:05	289	14:35	12.10	1:32:06	7:36	6		278	37:55
Eiserner Handwe	3.60	20:07	5:35	64	6:07	263	8:05	15.70	1:52:13	7:08	6	0:08	278	46:00
Schlüsie	4.10	21:46	5:18	82	8:24	357	10:16	19.80	2:13:59	6:46	6	2:41	278	56:16
Loddenke	3.10	16:22	5:16	73	5:07	295	6:32	22.90	2:30:21	6:33	6	3:40	278	1:02:48
Ilsenburg/Markt	3.30	18:10	5:30	78	5:58	295	9:38	26.20	2:48:31	6:25	70	50:10	281	1:09:58