



# 44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Schrader, Roland

□□: Grünenplan  
 □□: 496

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:48:49

□□: 9.24 km/h  
 □□□□: 6:26 min/km

□□□□□/□□□: 312 (of 492)

□□□□□/□: 275 (of 415)

□□□□□□: 1:38:33

□□□□□: 27(of 36)

□□□□□□□: 1:53:17

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:52    | 6:19         | 30      | 6:32    | 314     | 9:00    | 3.30  | 20:52     | 6:19          | 1       | -       | 284     | 1:16    |
| Schlüsie        | 3.10     | 21:32    | 6:56         | 29      | 5:36    | 278     | 8:34    | 6.40  | 42:24     | 6:37          | 1       | -       | 283     | 17:34   |
| Hermannsklippe  | 2.60     | 19:19    | 7:25         | 26      | 5:50    | 249     | 7:48    | 9.00  | 1:01:43   | 6:51          | 1       | -       | 283     | 25:22   |
| Brocken         | 3.10     | 30:52    | 9:57         | 28      | 9:37    | 229     | 13:02   | 12.10 | 1:32:35   | 7:39          | 1       | -       | 283     | 38:24   |
| Eiserner Handwe | 3.60     | 19:37    | 5:26         | 27      | 6:25    | 246     | 7:35    | 15.70 | 1:52:12   | 7:08          | 1       | -       | 283     | 45:59   |
| Schlüsie        | 4.10     | 18:57    | 4:37         | 25      | 6:15    | 235     | 7:27    | 19.80 | 2:11:09   | 6:37          | 1       | -       | 283     | 53:26   |
| Loddenke        | 3.10     | 16:05    | 5:11         | 29      | 5:41    | 279     | 6:15    | 22.90 | 2:27:14   | 6:25          | 1       | -       | 250     | 59:41   |
| Ilseburg/Markt  | 3.30     | 21:35    | 6:32         | 34      | 10:10   | 377     | 13:03   | 26.20 | 2:48:49   | 6:26          | 29      | 55:32   | 286     | 1:10:16 |