



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Berkmann, Thomas

□□: RUNNING RIOT HANNOVER
 □□: 393

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:49:27

□□: 9.21 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 320 (of 492)

□□□□□/□: 281 (of 415)

□□□□□□: 1:38:33

□□□□□: 70(of 98)

□□□□□□□: 1:58:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:04 | 6:41 | 91 | 7:50 | 374 | 10:12 | 3.30 | 22:04 | 6:41 | 4 | 2:19 | 288 | 2:28 |
| Schlüsie | 3.10 | 22:23 | 7:13 | 80 | 6:44 | 311 | 9:25 | 6.40 | 44:27 | 6:56 | 4 | 3:26 | 292 | 19:37 |
| Hermannsklippe | 2.60 | 20:32 | 7:53 | 75 | 6:41 | 305 | 9:01 | 9.00 | 1:04:59 | 7:13 | 4 | 4:16 | 292 | 28:38 |
| Brocken | 3.10 | 32:39 | 10:31 | 74 | 11:19 | 298 | 14:49 | 12.10 | 1:37:38 | 8:04 | 4 | 5:09 | 292 | 43:27 |
| Eiserner Handwe | 3.60 | 20:26 | 5:40 | 67 | 6:26 | 279 | 8:24 | 15.70 | 1:58:04 | 7:31 | 4 | 5:59 | 292 | 51:51 |
| Schlüsie | 4.10 | 19:06 | 4:39 | 60 | 5:44 | 243 | 7:36 | 19.80 | 2:17:10 | 6:55 | 4 | 5:52 | 292 | 59:27 |
| Loddenke | 3.10 | 15:03 | 4:51 | 52 | 3:48 | 208 | 5:13 | 22.90 | 2:32:13 | 6:38 | 4 | 5:32 | 292 | 1:04:40 |
| Ilseburg/Markt | 3.30 | 17:14 | 5:13 | 62 | 5:02 | 240 | 8:42 | 26.20 | 2:49:27 | 6:28 | 72 | 51:06 | 292 | 1:10:54 |