



44. Brockenlauf

Ilseburg / 06.09.2014

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Klanert, Hans-Joachim

□□: Hettstedt
 □□: 71

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:49:55

□□: 9.18 km/h
 □□□□: 6:29 min/km

□□□□□/□□□: 324 (of 492)

□□□□□/□: 285 (of 415)

□□□□□□: 1:38:33

□□□□□: 20(of 47)

□□□□□□□: 2:12:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:41	5:57	23	3:47	251	7:49	3.30	19:41	5:57	46	-	294	0:05
Schlüsie	3.10	21:45	7:00	26	4:17	287	8:47	6.40	41:26	6:28	46	-	293	16:36
Hermannsklippe	2.60	21:02	8:05	29	5:15	327	9:31	9.00	1:02:28	6:56	46	-	264	26:07
Brocken	3.10	33:40	10:51	27	8:33	320	15:50	12.10	1:36:08	7:56	46	-	293	41:57
Eiserner Handwe	3.60	21:21	5:55	29	6:14	315	9:19	15.70	1:57:29	7:28	46	-	293	51:16
Schlüsie	4.10	20:15	4:56	26	5:52	295	8:45	19.80	2:17:44	6:57	46	-	293	1:00:01
Loddenke	3.10	15:51	5:06	20	3:42	266	6:01	22.90	2:33:35	6:42	46	-	293	1:06:02
Ilseburg/Markt	3.30	16:20	4:56	15	2:26	188	7:48	26.20	2:49:55	6:29	22	37:15	296	1:11:22