



44. Brockenlauf

Ilseburg / 06.09.2014

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Knirsch, Thomas

□□□: 2:50:54

□□: 1063

□□: 9.13 km/h

□□□□: 6:31 min/km

□□: 26.20 km

□□□□□/□□□: 335 (of 492)

26,2 km - Lauf

□□□□□/□: 294 (of 415)

□□□□□□: 1:38:33

□□□□:

□□□□□: 52(of 67)

Senioren M40 (40-44 Jahre)

□□□□□□□: 1:51:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:57	6:02	47	6:14	267	8:05	3.30	19:57	6:02	33			250	0:21
Schlüsie	3.10	21:23	6:53	49	6:41	269	8:25	6.40	41:20	6:27	33	0:18		302	16:30
Hermannsklippe	2.60	19:04	7:19	44	6:19	232	7:33	9.00	1:00:24	6:42	33	1:14		170	24:03
Brocken	3.10	31:21	10:06	43	11:17	248	13:31	12.10	1:31:45	7:34	33	4:37		302	37:34
Eiserner Handwe	3.60	21:34	5:59	55	8:11	325	9:32	15.70	1:53:19	7:13	33	5:53		302	47:06
Schlüsie	4.10	21:35	5:15	60	8:37	350	10:05	19.80	2:14:54	6:48	33	8:23		302	57:11
Loddenke	3.10	17:17	5:34	58	6:31	346	7:27	22.90	2:32:11	6:38	33	10:18		285	1:04:38
Ilseburg/Markt	3.30	18:43	5:40	54	6:46	314	10:11	26.20	2:50:54	6:31	53	59:31		305	1:12:21