



44. Brockenlauf

Ilseburg / 06.09.2014

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Graßhoff, Holger

□□: Berlin-Hellersdorf
 □□: 26

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:52:15

□□: 9.06 km/h
 □□□□: 6:34 min/km

□□□□□/□□□: 345 (of 492)

□□□□□/□: 299 (of 415)

□□□□□□: 1:38:33

□□□□□: 74(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:54	6:38	88	7:40	363	10:02	3.30	21:54	6:38	49	2:09	312	2:18
Schlüsie	3.10	21:45	7:00	72	6:06	287	8:47	6.40	43:39	6:49	49	2:38	311	18:49
Hermannsklippe	2.60	20:56	8:03	79	7:05	322	9:25	9.00	1:04:35	7:10	49	3:52	311	28:14
Brocken	3.10	33:48	10:54	83	12:28	324	15:58	12.10	1:38:23	8:07	49	5:54	311	44:12
Eiserner Handwe	3.60	22:53	6:21	88	8:53	372	10:51	15.70	2:01:16	7:43	49	9:11	311	55:03
Schlüsie	4.10	20:38	5:01	73	7:16	313	9:08	19.80	2:21:54	7:10	49	10:36	311	1:04:11
Loddenke	3.10	14:40	4:43	42	3:25	173	4:50	22.90	2:36:34	6:50	49	9:53	311	1:09:01
Ilseburg/Markt	3.30	15:41	4:45	35	3:29	141	7:09	26.20	2:52:15	6:34	76	53:54	310	1:13:42