



# 44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

**Gunder, Thiemo**

□□: TSV Immenrode  
 □□: 366

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:53:48

□□: 8.98 km/h  
 □□□□: 6:38 min/km

□□□□□/□□□: 354 (of 492)

□□□□□/□: 306 (of 415)

□□□□□□: 1:38:33

□□□□□: 76(of 98)

□□□□□□□: 1:58:21

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 22:00    | 6:40         | 89      | 7:46    | 367     | 10:08   | 3.30  | 22:00     | 6:40          | 37      | 2:15    | 315     | 2:24    |
| Schlüsie        | 3.10     | 23:14    | 7:29         | 87      | 7:35    | 349     | 10:16   | 6.40  | 45:14     | 7:04          | 47      | 4:13    | 314     | 20:24   |
| Hermannsklippe  | 2.60     | 22:11    | 8:31         | 86      | 8:20    | 357     | 10:40   | 9.00  | 1:07:25   | 7:29          | 47      | 6:42    | 314     | 31:04   |
| Brocken         | 3.10     | 33:39    | 10:51        | 80      | 12:19   | 319     | 15:49   | 12.10 | 1:41:04   | 8:21          | 47      | 8:35    | 314     | 46:53   |
| Eiserner Handwe | 3.60     | 22:53    | 6:21         | 88      | 8:53    | 372     | 10:51   | 15.70 | 2:03:57   | 7:53          | 37      | 11:52   | 314     | 57:44   |
| Schlüsie        | 4.10     | 20:56    | 5:06         | 78      | 7:34    | 328     | 9:26    | 19.80 | 2:24:53   | 7:19          | 47      | 13:35   | 314     | 1:07:10 |
| Loddenke        | 3.10     | 14:00    | 4:30         | 28      | 2:45    | 120     | 4:10    | 22.90 | 2:38:53   | 6:56          | 47      | 12:12   | 314     | 1:11:20 |
| Ilseburg/Markt  | 3.30     | 14:55    | 4:31         | 21      | 2:43    | 87      | 6:23    | 26.20 | 2:53:48   | 6:38          | 78      | 55:27   | 317     | 1:15:15 |