



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Krabiell, Uwe

□□: Tough Guy

□□: 363

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:54:10

□□: 8.96 km/h

□□□□: 6:39 min/km

□□□□□/□□□: 355 (of 492)

□□□□□/□: 307 (of 415)

□□□□□□: 1:38:33

□□□□□: 77(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:46	6:35	87	7:32	356	9:54	3.30	21:46	6:35	46	2:01	316	2:10	
Schlüsie	3.10	23:20	7:31	88	7:41	354	10:22	6.40	45:06	7:02	46	4:05	315	20:16	
Hermannsklippe	2.60	21:08	8:07	80	7:17	329	9:37	9.00	1:06:14	7:21	46	5:31	315	29:53	
Brocken	3.10	30:36	9:52	52	9:16	219	12:46	12.10	1:36:50	8:00	46	4:21	312	42:39	
Eiserner Handwe	3.60	22:39	6:17	84	8:39	364	10:37	15.70	1:59:29	7:36	46	7:24	315	53:16	
Schlüsie	4.10	20:47	5:04	75	7:25	322	9:17	19.80	2:20:16	7:05	46	8:58	315	1:02:33	
Loddenke	3.10	16:51	5:26	79	5:36	324	7:01	22.90	2:37:07	6:51	46	10:26	315	1:09:34	
Ilseburg/Markt	3.30	17:03	5:10	60	4:51	234	8:31	26.20	2:54:10	6:38	79	55:49	318	1:15:37	