



44. Brockenlauf

Ilseburg / 06.09.2014

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Reifgerste, Uwe

□□: Gernrode
□□: 1095

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 2:55:35

□□: 8.88 km/h
□□□□: 6:42 min/km

□□□□□/□□□: 367 (of 492)

□□□□□/□: 317 (of 415)

□□□□□□: 1:38:33

□□□□□: 54(of 67)

□□□□□□□: 1:51:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:05	5:28	27	4:22	137	6:13	3.30	18:05	5:28	31		112	
Schlüsie	3.10	20:55	6:44	44	6:13	228	7:57	6.40	39:00	6:05	31		325	14:10
Hermannsklippe	2.60	20:33	7:54	55	7:48	307	9:02	9.00	59:33	6:36	31	0:23	325	23:12
Brocken	3.10	32:24	10:27	50	12:20	287	14:34	12.10	1:31:57	7:35	31	4:49	325	37:46
Eiserner Handwe	3.60	20:19	5:38	48	6:56	273	8:17	15.70	1:52:16	7:09	31	4:50	325	46:03
Schlüsie	4.10	22:09	5:24	62	9:11	365	10:39	19.80	2:14:25	6:47	31	7:54	325	56:42
Loddenke	3.10	18:56	6:06	61	8:10	374	9:06	22.90	2:33:21	6:41	31	11:28	325	1:05:48
Ilseburg/Markt	3.30	22:14	6:44	64	10:17	386	13:42	26.20	2:55:35	6:42	55	1:04:12	328	1:17:02