



44. Brockenlauf

Ilseburg / 06.09.2014

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Haase, Marco

□□: Hannover
 □□: 163

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:55:39

□□: 8.88 km/h
 □□□□: 6:42 min/km

□□□□□/□□□: 368 (of 492)

□□□□□/□: 318 (of 415)

□□□□□□: 1:38:33

□□□□□: 55(of 67)

□□□□□□□: 1:51:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:27	6:11	49	6:44	289	8:35	3.30	20:27	6:11	30		327	0:51
Schlüsie	3.10	20:46	6:41	42	6:04	221	7:48	6.40	41:13	6:26	30	0:11	224	16:23
Hermannsklippe	2.60	18:52	7:15	39	6:07	216	7:21	9.00	1:00:05	6:40	30	0:55	326	23:44
Brocken	3.10	37:13	12:00	65	17:09	380	19:23	12.10	1:37:18	8:02	30	10:10	326	43:07
Eiserner Handwe	3.60	20:44	5:45	51	7:21	290	8:42	15.70	1:58:02	7:31	30	10:36	326	51:49
Schlüsie	4.10	19:21	4:43	49	6:23	258	7:51	19.80	2:17:23	6:56	10	10:52	281	59:40
Loddenke	3.10	16:35	5:20	52	5:49	308	6:45	22.90	2:33:58	6:43	30	12:05	326	1:06:25
Ilseburg/Markt	3.30	21:41	6:34	63	9:44	380	13:09	26.20	2:55:39	6:42	56	1:04:16	329	1:17:06