



44. Brockenlauf

Ilseburg / 06.09.2014

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Hartung, Frank

□□: Leipzig

□□: 181

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:55:43

□□: 8.88 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 369 (of 492)

□□□□□/□: 319 (of 415)

□□□□□□: 1:38:33

□□□□□: 80(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:45	6:35	85	7:31	353	9:53	3.30	21:45	6:35	31	2:00	285	2:09	
Schlüsie	3.10	22:38	7:18	81	6:59	321	9:40	6.40	44:23	6:56	43	3:22	327	19:33	
Hermannsklippe	2.60	20:21	7:49	73	6:30	298	8:50	9.00	1:04:44	7:11	43	4:01	290	28:23	
Brocken	3.10	32:41	10:32	75	11:21	299	14:51	12.10	1:37:25	8:03	43	4:56	327	43:14	
Eiserner Handwe	3.60	22:43	6:18	85	8:43	366	10:41	15.70	2:00:08	7:39	43	8:03	327	53:55	
Schlüsie	4.10	22:14	5:25	86	8:52	370	10:44	19.80	2:22:22	7:11	43	11:04	327	1:04:39	
Loddenke	3.10	17:01	5:29	81	5:46	333	7:11	22.90	2:39:23	6:57	43	12:42	327	1:11:50	
Ilseburg/Markt	3.30	16:20	4:56	45	4:08	188	7:48	26.20	2:55:43	6:42	82	57:22	330	1:17:10	