



44. Brockenlauf

Ilseburg / 06.09.2014

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Junig, Gunnar

□□: Brockenlaufverein Ilseburg
 □□: 161

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:56:00

□□: 8.86 km/h
 □□□□: 6:43 min/km

□□□□□/□□□: 372 (of 492)

□□□□□/□: 322 (of 415)

□□□□□□: 1:38:33

□□□□□: 28(of 47)

□□□□□□□: 2:12:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:35	6:50	41	6:41	388	10:43	3.30	22:35	6:50	7	0:14	331	2:59	
Schlüsie	3.10	24:29	7:53	38	7:01	380	11:31	6.40	47:04	7:21	7	0:23	330	22:14	
Hermannsklippe	2.60	22:17	8:34	35	6:30	364	10:46	9.00	1:09:21	7:42	7	0:12	330	33:00	
Brocken	3.10	34:42	11:11	32	9:35	340	16:52	12.10	1:44:03	8:35	7		330	49:52	
Eiserner Handwe	3.60	19:13	5:20	16	4:06	218	7:11	15.70	2:03:16	7:51	7		330	57:03	
Schlüsie	4.10	18:40	4:33	18	4:17	229	7:10	19.80	2:21:56	7:10	7		330	1:04:13	
Loddenke	3.10	16:29	5:19	25	4:20	301	6:39	22.90	2:38:25	6:55	7		330	1:10:52	
Ilseburg/Markt	3.30	17:35	5:19	23	3:41	264	9:03	26.20	2:56:00	6:43	30	43:20	333	1:17:27	