



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Kraaz, Udo

□□: Uelzen

□□: 391

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:59:30

□□: 8.69 km/h

□□□□: 6:51 min/km

□□□□□/□□□: 385 (of 492)

□□□□□/□: 332 (of 415)

□□□□□□: 1:38:33

□□□□□: 81(of 98)

□□□□□□□: 1:58:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:27 | 6:30 | 82 | 7:13 | 342 | 9:35 | 3.30 | 21:27 | 6:30 | 42 | 1:42 | 341 | 1:51 |
| Schlüsie | 3.10 | 23:04 | 7:26 | 84 | 7:25 | 339 | 10:06 | 6.40 | 44:31 | 6:57 | 42 | 3:30 | 340 | 19:41 |
| Hermannsklippe | 2.60 | 23:15 | 8:56 | 92 | 9:24 | 379 | 11:44 | 9.00 | 1:07:46 | 7:31 | 42 | 7:03 | 340 | 31:25 |
| Brocken | 3.10 | 35:20 | 11:23 | 86 | 14:00 | 352 | 17:30 | 12.10 | 1:43:06 | 8:31 | 42 | 10:37 | 340 | 48:55 |
| Eiserner Handwe | 3.60 | 20:59 | 5:49 | 74 | 6:59 | 298 | 8:57 | 15.70 | 2:04:05 | 7:54 | 42 | 12:00 | 340 | 57:52 |
| Schlüsie | 4.10 | 21:06 | 5:08 | 79 | 7:44 | 334 | 9:36 | 19.80 | 2:25:11 | 7:19 | 42 | 13:53 | 340 | 1:07:28 |
| Loddenke | 3.10 | 16:11 | 5:13 | 71 | 4:56 | 283 | 6:21 | 22.90 | 2:41:22 | 7:02 | 42 | 14:41 | 340 | 1:13:49 |
| Ilseburg/Markt | 3.30 | 18:08 | 5:29 | 76 | 5:56 | 291 | 9:36 | 26.20 | 2:59:30 | 6:51 | 83 | 1:01:09 | 343 | 1:20:57 |