



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Daugardt, Mike

□□: Berlin
 □□: 268

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Männer (20-29 Jahre)

□□□: 3:00:30

□□: 8.64 km/h
 □□□□: 6:53 min/km

□□□□□/□□□: 389 (of 492)

□□□□□/□: 334 (of 415)

□□□□□□: 1:38:33

□□□□□: 30(of 33)

□□□□□□□: 1:38:33

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:30 | 6:12 | 30 | 8:38 | 293 | 8:38 | 3.30 | 20:30 | 6:12 | 14 | | 218 | 0:54 |
| Schlüsie | 3.10 | 23:04 | 7:26 | 29 | 10:06 | 339 | 10:06 | 6.40 | 43:34 | 6:48 | 14 | 1:24 | 342 | 18:44 |
| Hermannsklippe | 2.60 | 20:14 | 7:46 | 28 | 8:43 | 293 | 8:43 | 9.00 | 1:03:48 | 7:05 | 14 | 2:24 | 343 | 27:27 |
| Brocken | 3.10 | 30:10 | 9:43 | 25 | 12:20 | 198 | 12:20 | 12.10 | 1:33:58 | 7:45 | 14 | 4:59 | 343 | 39:47 |
| Eiserner Handwe | 3.60 | 29:27 | 8:10 | 33 | 17:25 | 409 | 17:25 | 15.70 | 2:03:25 | 7:51 | 14 | 11:26 | 342 | 57:12 |
| Schlüsie | 4.10 | 21:40 | 5:17 | 31 | 10:10 | 354 | 10:10 | 19.80 | 2:25:05 | 7:19 | 14 | 13:31 | 342 | 1:07:22 |
| Loddenke | 3.10 | 16:45 | 5:24 | 29 | 6:55 | 318 | 6:55 | 22.90 | 2:41:50 | 7:04 | 14 | 13:37 | 343 | 1:14:17 |
| Ilseburg/Markt | 3.30 | 18:40 | 5:39 | 26 | 7:40 | 313 | 10:08 | 26.20 | 3:00:30 | 6:53 | 30 | 1:21:57 | 345 | 1:21:57 |