



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Jakob, Philipp**

□□: Martinroda

□□: 82

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:00:36

□□: 8.64 km/h

□□□□: 6:53 min/km

□□□□□/□□□: 390 (of 492)

□□□□□/□: 336 (of 415)

□□□□□□: 1:38:33

□□□□□: 57(of 67)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:49    | 6:18         | 54      | 7:06    | 310     | 8:57    | 3.30  | 20:49     | 6:18          | 28      | 0:19    | 175     | 1:13    |
| Schlüsie        | 3.10     | 22:39    | 7:18         | 56      | 7:57    | 322     | 9:41    | 6.40  | 43:28     | 6:47          | 28      | 2:26    | 344     | 18:38   |
| Hermannsklippe  | 2.60     | 20:14    | 7:46         | 54      | 7:29    | 293     | 8:43    | 9.00  | 1:03:42   | 7:04          | 28      | 4:32    | 344     | 27:21   |
| Brocken         | 3.10     | 36:05    | 11:38        | 62      | 16:01   | 367     | 18:15   | 12.10 | 1:39:47   | 8:14          | 28      | 12:39   | 344     | 45:36   |
| Eiserner Handwe | 3.60     | 22:11    | 6:09         | 58      | 8:48    | 345     | 10:09   | 15.70 | 2:01:58   | 7:46          | 28      | 14:32   | 344     | 55:45   |
| Schlüsie        | 4.10     | 20:54    | 5:05         | 57      | 7:56    | 326     | 9:24    | 19.80 | 2:22:52   | 7:12          | 28      | 16:21   | 344     | 1:05:09 |
| Loddenke        | 3.10     | 16:44    | 5:23         | 53      | 5:58    | 317     | 6:54    | 22.90 | 2:39:36   | 6:58          | 28      | 17:43   | 344     | 1:12:03 |
| Ilseburg/Markt  | 3.30     | 21:00    | 6:21         | 62      | 9:03    | 368     | 12:28   | 26.20 | 3:00:36   | 6:53          | 58      | 1:09:13 | 347     | 1:22:03 |