



44. Brockenlauf

Ilseburg / 06.09.2014

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Hansen, Jan Erik

□□□: 3:07:56

□□: 471

□□: 8.30 km/h

□□□□: 7:10 min/km

□□: 26.20 km

□□□□□/□□□: 429 (of 492)

26,2 km - Lauf

□□□□□/□: 361 (of 415)

□□□□□□: 1:38:33

□□□□:

□□□□□: 88(of 98)

Senioren M45 (45-49 Jahre)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:50	6:55	95	8:36	394	10:58	3.30	22:50	6:55	35	3:05	369	3:14	
Schlüsie	3.10	23:06	7:27	86	7:27	346	10:08	6.40	45:56	7:10	35	4:55	368	21:06	
Hermannsklippe	2.60	22:13	8:32	87	8:22	358	10:42	9.00	1:08:09	7:34	35	7:26	368	31:48	
Brocken	3.10	33:20	10:45	79	12:00	313	15:30	12.10	1:41:29	8:23	35	9:00	368	47:18	
Eiserner Handwe	3.60	23:31	6:31	91	9:31	387	11:29	15.70	2:05:00	7:57	35	12:55	368	58:47	
Schlüsie	4.10	25:12	6:08	93	11:50	398	13:42	19.80	2:30:12	7:35	35	18:54	368	1:12:29	
Loddenke	3.10	18:16	5:53	88	7:01	368	8:26	22.90	2:48:28	7:21	35	21:47	368	1:20:55	
Ilseburg/Markt	3.30	19:28	5:53	85	7:16	338	10:56	26.20	3:07:56	7:10	90	1:09:35	372	1:29:23	