



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Spannaus, Hans-Ullrich

□□: Halle

□□: 94

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:09:20

□□: 8.24 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 433 (of 492)

□□□□□/□: 364 (of 415)

□□□□□□: 1:38:33

□□□□□: 36(of 47)

□□□□□□□: 2:12:40

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:47	6:17	30	4:53	307	8:55	3.30	20:47	6:17	15			260	1:11
Schlüsie	3.10	24:21	7:51	37	6:53	378	11:23	6.40	45:08	7:03	15			371	20:18
Hermannsklippe	2.60	23:53	9:11	40	8:06	390	12:22	9.00	1:09:01	7:40	15			371	32:40
Brocken	3.10	34:34	11:09	31	9:27	338	16:44	12.10	1:43:35	8:33	15			371	49:24
Eiserner Handwe	3.60	21:18	5:55	28	6:11	314	9:16	15.70	2:04:53	7:57	15			371	58:40
Schlüsie	4.10	21:50	5:19	38	7:27	361	10:20	19.80	2:26:43	7:24	15			371	1:09:00
Loddenke	3.10	20:45	6:41	41	8:36	393	10:55	22.90	2:47:28	7:18	15			371	1:19:55
Ilseburg/Markt	3.30	21:52	6:37	41	7:58	384	13:20	26.20	3:09:20	7:13	38	56:40		375	1:30:47