



# 44. Brockenlauf

Ilseburg / 06.09.2014

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## 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

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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 |