



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Kitroschat, Ingo

□□: Börßum
□□: 17

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 3:09:26

□□: 8.24 km/h
□□□□: 7:14 min/km

□□□□□/□□□: 434 (of 492)

□□□□□/□: 365 (of 415)

□□□□□□: 1:38:33

□□□□□: 62(of 67)

□□□□□□□: 1:51:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:40 | 6:33 | 61 | 7:57 | 348 | 9:48 | 3.30 | 21:40 | 6:33 | 23 | 1:10 | 195 | 2:04 | |
| Schlüsie | 3.10 | 23:26 | 7:33 | 63 | 8:44 | 358 | 10:28 | 6.40 | 45:06 | 7:02 | 23 | 4:04 | 315 | 20:16 | |
| Hermannsklippe | 2.60 | 22:06 | 8:30 | 60 | 9:21 | 354 | 10:35 | 9.00 | 1:07:12 | 7:28 | 23 | 8:02 | 372 | 30:51 | |
| Brocken | 3.10 | 36:55 | 11:54 | 64 | 16:51 | 376 | 19:05 | 12.10 | 1:44:07 | 8:36 | 23 | 16:59 | 355 | 49:56 | |
| Eiserner Handwe | 3.60 | 22:29 | 6:14 | 60 | 9:06 | 354 | 10:27 | 15.70 | 2:06:36 | 8:03 | 23 | 19:10 | 372 | 1:00:23 | |
| Schlüsie | 4.10 | 22:11 | 5:24 | 63 | 9:13 | 367 | 10:41 | 19.80 | 2:28:47 | 7:30 | 23 | 22:16 | 372 | 1:11:04 | |
| Loddenke | 3.10 | 20:35 | 6:38 | 64 | 9:49 | 389 | 10:45 | 22.90 | 2:49:22 | 7:23 | 23 | 27:29 | 372 | 1:21:49 | |
| Ilseburg/Markt | 3.30 | 20:04 | 6:04 | 58 | 8:07 | 351 | 11:32 | 26.20 | 3:09:26 | 7:13 | 63 | 1:18:03 | 376 | 1:30:53 | |