



# 44. Brockenlauf

Ilseburg / 06.09.2014

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**Wiedemann, Sven**

□□: Läuferbund Schwarzenberg 90 e.V.  
 □□: 352

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 3:10:56

□□: 8.17 km/h  
 □□□□: 7:17 min/km

□□□□□/□□□: 436 (of 492)

□□□□□/□: 367 (of 415)

□□□□□□: 1:38:33

□□□□□: 63(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     | 22:45    | 6:53         | 66      | 9:02    | 391     | 10:53   | 3.30  | 22:45     | 6:53          | 22      | 2:15    | 176     | 3:09    |
| Schlüsie        | 3.10     | 24:37    | 7:56         | 65      | 9:55    | 381     | 11:39   | 6.40  | 47:22     | 7:24          | 22      | 6:20    | 374     | 22:32   |
| Hermannsklippe  | 2.60     | 24:54    | 9:34         | 64      | 12:09   | 395     | 13:23   | 9.00  | 1:12:16   | 8:01          | 22      | 13:06   | 374     | 35:55   |
| Brocken         | 3.10     | 35:02    | 11:18        | 56      | 14:58   | 345     | 17:12   | 12.10 | 1:47:18   | 8:52          | 22      | 20:10   | 374     | 53:07   |
| Eiserner Handwe | 3.60     | 25:39    | 7:07         | 66      | 12:16   | 401     | 13:37   | 15.70 | 2:12:57   | 8:28          | 22      | 25:31   | 374     | 1:06:44 |
| Schlüsie        | 4.10     | 22:53    | 5:34         | 65      | 9:55    | 379     | 11:23   | 19.80 | 2:35:50   | 7:52          | 22      | 29:19   | 374     | 1:18:07 |
| Loddenke        | 3.10     | 18:11    | 5:51         | 60      | 7:25    | 366     | 8:21    | 22.90 | 2:54:01   | 7:35          | 22      | 32:08   | 374     | 1:26:28 |
| Ilseburg/Markt  | 3.30     | 16:55    | 5:07         | 39      | 4:58    | 226     | 8:23    | 26.20 | 3:10:56   | 7:17          | 64      | 1:19:33 | 378     | 1:32:23 |