



44. Brockenlauf

Ilseburg / 06.09.2014

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Schöndube, Christian

□□: Braunschweig

□□: 31

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:15:37

□□: 7.97 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 447 (of 492)

□□□□□/□: 373 (of 415)

□□□□□□: 1:38:33

□□□□□: 34(of 36)

□□□□□□□: 1:53:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:26 | 6:47 | 33 | 8:06 | 379 | 10:34 | 3.30 | 22:26 | 6:47 | 16 | 1:34 | 381 | 2:50 | |
| Schlüsie | 3.10 | 24:37 | 7:56 | 35 | 8:41 | 381 | 11:39 | 6.40 | 47:03 | 7:21 | 16 | 4:39 | 380 | 22:13 | |
| Hermannsklippe | 2.60 | 23:05 | 8:52 | 35 | 9:36 | 373 | 11:34 | 9.00 | 1:10:08 | 7:47 | 16 | 8:25 | 380 | 33:47 | |
| Brocken | 3.10 | 37:50 | 12:12 | 36 | 16:35 | 388 | 20:00 | 12.10 | 1:47:58 | 8:55 | 16 | 15:23 | 380 | 53:47 | |
| Eiserner Handwe | 3.60 | 23:20 | 6:28 | 35 | 10:08 | 382 | 11:18 | 15.70 | 2:11:18 | 8:21 | 16 | 19:06 | 380 | 1:05:05 | |
| Schlüsie | 4.10 | 24:09 | 5:53 | 36 | 11:27 | 392 | 12:39 | 19.80 | 2:35:27 | 7:51 | 16 | 24:18 | 380 | 1:17:44 | |
| Loddenke | 3.10 | 19:25 | 6:15 | 35 | 9:01 | 380 | 9:35 | 22.90 | 2:54:52 | 7:38 | 16 | 27:38 | 380 | 1:27:19 | |
| Ilseburg/Markt | 3.30 | 20:45 | 6:17 | 32 | 9:20 | 364 | 12:13 | 26.20 | 3:15:37 | 7:27 | 35 | 1:22:20 | 384 | 1:37:04 | |