



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Müller, Jörg-Peter

□□: Bonn
 □□: 490

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:16:59

□□: 7.92 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 448 (of 492)

□□□□□/□: 374 (of 415)

□□□□□□: 1:38:33

□□□□□: 22(of 24)

□□□□□□□: 2:19:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:43 | 7:11 | 23 | 7:17 | 405 | 11:51 | 3.30 | 23:43 | 7:11 | 5 | 1:42 | 382 | 4:07 | |
| Schlüsie | 3.10 | 26:22 | 8:30 | 23 | 8:02 | 400 | 13:24 | 6.40 | 50:05 | 7:49 | 5 | 5:53 | 381 | 25:15 | |
| Hermannsklippe | 2.60 | 23:24 | 9:00 | 22 | 6:54 | 385 | 11:53 | 9.00 | 1:13:29 | 8:09 | 5 | 8:45 | 381 | 37:08 | |
| Brocken | 3.10 | 37:32 | 12:06 | 21 | 9:59 | 384 | 19:42 | 12.10 | 1:51:01 | 9:10 | 5 | 15:44 | 381 | 56:50 | |
| Eiserner Handwe | 3.60 | 23:52 | 6:37 | 22 | 6:57 | 391 | 11:50 | 15.70 | 2:14:53 | 8:35 | 5 | 18:10 | 381 | 1:08:40 | |
| Schlüsie | 4.10 | 23:26 | 5:42 | 23 | 7:06 | 385 | 11:56 | 19.80 | 2:38:19 | 7:59 | 5 | 21:46 | 381 | 1:20:36 | |
| Loddenke | 3.10 | 18:13 | 5:52 | 20 | 5:01 | 367 | 8:23 | 22.90 | 2:56:32 | 7:42 | 5 | 24:14 | 381 | 1:28:59 | |
| Ilseburg/Markt | 3.30 | 20:27 | 6:11 | 20 | 11:55 | 359 | 11:55 | 26.20 | 3:16:59 | 7:31 | 22 | 57:16 | 385 | 1:38:26 | |