



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Gerl, David

□□: Düsseldorf
□□: 105

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M30 (30-34 Jahre)

□□□: 3:20:05

□□: 7.80 km/h
□□□□: 7:38 min/km

□□□□□/□□□: 455 (of 492)

□□□□□/□: 379 (of 415)

□□□□□□: 1:38:33

□□□□□: 35(of 36)

□□□□□□□: 1:53:17

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:50 | 6:36 | 31 | 7:30 | 357 | 9:58 | 3.30 | 21:50 | 6:36 | 17 | 0:58 | 380 | 2:14 | |
| Schlüsie | 3.10 | 25:02 | 8:04 | 36 | 9:06 | 388 | 12:04 | 6.40 | 46:52 | 7:19 | 17 | 4:28 | 387 | 22:02 | |
| Hermannsklippe | 2.60 | 23:16 | 8:56 | 36 | 9:47 | 380 | 11:45 | 9.00 | 1:10:08 | 7:47 | 16 | 8:25 | 380 | 33:47 | |
| Brocken | 3.10 | 37:49 | 12:11 | 35 | 16:34 | 386 | 19:59 | 12.10 | 1:47:57 | 8:55 | 17 | 15:22 | 387 | 53:46 | |
| Eiserner Handwe | 3.60 | 23:22 | 6:29 | 36 | 10:10 | 383 | 11:20 | 15.70 | 2:11:19 | 8:21 | 17 | 19:07 | 387 | 1:05:06 | |
| Schlüsie | 4.10 | 24:07 | 5:52 | 35 | 11:25 | 390 | 12:37 | 19.80 | 2:35:26 | 7:51 | 17 | 24:17 | 387 | 1:17:43 | |
| Loddenke | 3.10 | 20:43 | 6:40 | 36 | 10:19 | 392 | 10:53 | 22.90 | 2:56:09 | 7:41 | 17 | 28:55 | 387 | 1:28:36 | |
| Ilseburg/Markt | 3.30 | 23:56 | 7:15 | 36 | 12:31 | 397 | 15:24 | 26.20 | 3:20:05 | 7:38 | 36 | 1:26:48 | 390 | 1:41:32 | |