



# 44. Brockenlauf

Ilseburg / 06.09.2014

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Lehmann, Dr. Peter

□□: USC Magdeburg

□□: 155

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:25:54

□□: 7.58 km/h

□□□□: 7:52 min/km

□□□□□/□□□: 463 (of 492)

□□□□□/□: 386 (of 415)

□□□□□□: 1:38:33

□□□□□: 40(of 47)

□□□□□□□: 2:12:40

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 22:03    | 6:40         | 39      | 6:09    | 372     | 10:11   | 3.30  | 22:03     | 6:40          | 19      |         | 305     | 2:27    |
| Schlüsie        | 3.10     | 24:56    | 8:02         | 41      | 7:28    | 386     | 11:58   | 6.40  | 46:59     | 7:20          | 19      | 0:18    | 394     | 22:09   |
| Hermannsklippe  | 2.60     | 23:26    | 9:00         | 38      | 7:39    | 386     | 11:55   | 9.00  | 1:10:25   | 7:49          | 19      | 1:16    | 394     | 34:04   |
| Brocken         | 3.10     | 38:42    | 12:29        | 40      | 13:35   | 394     | 20:52   | 12.10 | 1:49:07   | 9:01          | 19      | 1:51    | 394     | 54:56   |
| Eiserner Handwe | 3.60     | 27:13    | 7:33         | 45      | 12:06   | 406     | 15:11   | 15.70 | 2:16:20   | 8:41          | 19      | 7:18    | 394     | 1:10:07 |
| Schlüsie        | 4.10     | 26:56    | 6:34         | 45      | 12:33   | 406     | 15:26   | 19.80 | 2:43:16   | 8:14          | 19      | 13:00   | 394     | 1:25:33 |
| Loddenke        | 3.10     | 20:58    | 6:45         | 43      | 8:49    | 397     | 11:08   | 22.90 | 3:04:14   | 8:02          | 19      | 16:45   | 394     | 1:36:41 |
| Ilseburg/Markt  | 3.30     | 21:40    | 6:33         | 39      | 7:46    | 379     | 13:08   | 26.20 | 3:25:54   | 7:51          | 42      | 1:13:14 | 397     | 1:47:21 |