



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Reising, Marcel

□□: Erst laufen dann saufen
 □□: 1087

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:35:40

□□: 7.23 km/h
 □□□□: 8:14 min/km

□□□□□/□□□: 476 (of 492)

□□□□□/□: 392 (of 415)

□□□□□□: 1:38:33

□□□□□: 91(of 98)

□□□□□□□: 1:58:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:55 | 7:14 | 97 | 9:41 | 406 | 12:03 | 3.30 | 23:55 | 7:14 | 32 | 4:10 | 401 | 4:19 |
| Schlüsie | 3.10 | 26:23 | 8:30 | 92 | 10:44 | 401 | 13:25 | 6.40 | 50:18 | 7:51 | 32 | 9:17 | 400 | 25:28 |
| Hermannsklippe | 2.60 | 26:39 | 10:14 | 94 | 12:48 | 406 | 15:08 | 9.00 | 1:16:57 | 8:33 | 32 | 16:14 | 400 | 40:36 |
| Brocken | 3.10 | 37:52 | 12:12 | 92 | 16:32 | 389 | 20:02 | 12.10 | 1:54:49 | 9:29 | 32 | 22:20 | 400 | 1:00:38 |
| Eiserner Handwe | 3.60 | 25:58 | 7:12 | 94 | 11:58 | 403 | 13:56 | 15.70 | 2:20:47 | 8:58 | 32 | 28:42 | 400 | 1:14:34 |
| Schlüsie | 4.10 | 27:47 | 6:46 | 96 | 14:25 | 409 | 16:17 | 19.80 | 2:48:34 | 8:30 | 32 | 37:16 | 400 | 1:30:51 |
| Loddenke | 3.10 | 23:33 | 7:35 | 97 | 12:18 | 413 | 13:43 | 22.90 | 3:12:07 | 8:23 | 32 | 45:26 | 400 | 1:44:34 |
| Ilseburg/Markt | 3.30 | 23:33 | 7:08 | 92 | 11:21 | 392 | 15:01 | 26.20 | 3:35:40 | 8:13 | 93 | 1:37:19 | 403 | 1:57:07 |