



44. Brockenlauf

Ilseburg / 06.09.2014

□□□□

Sandtner, Wolfgang

□□: Tough Guy

□□: 362

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:46:11

□□: 6.90 km/h

□□□□: 8:38 min/km

□□□□□/□□□: 486 (of 492)

□□□□□/□: 399 (of 415)

□□□□□□: 1:38:33

□□□□□: 93(of 98)

□□□□□□□: 1:58:21

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:31	6:49	93	8:17	385	10:39	3.30	22:31	6:49	30	2:46	384	2:55
Schlüsie	3.10	26:43	8:37	93	11:04	403	13:45	6.40	49:14	7:41	30	8:13	407	24:24
Hermannsklippe	2.60	27:31	10:34	97	13:40	411	16:00	9.00	1:16:45	8:31	30	16:02	407	40:24
Brocken	3.10	42:07	13:35	94	20:47	408	24:17	12.10	1:58:52	9:49	30	26:23	407	1:04:41
Eiserner Handwe	3.60	29:40	8:14	96	15:40	411	17:38	15.70	2:28:32	9:27	30	36:27	407	1:22:19
Schlüsie	4.10	28:58	7:03	97	15:36	411	17:28	19.80	2:57:30	8:57	30	46:12	407	1:39:47
Loddenke	3.10	22:21	7:12	95	11:06	404	12:31	22.90	3:19:51	8:43	30	53:10	407	1:52:18
Ilseburg/Markt	3.30	26:20	7:58	97	14:08	412	17:48	26.20	3:46:11	8:37	95	1:47:50	410	2:07:38