

Rundenprotokoll

1. Deutsche 24-h-Challenge - BREHE Michael

M/W-Pl.: **4.** Runden: **202** avg. Rd.: **7:07** Rundenlänge: **1000 m**
M45: **3.** Km: **202,955** min. Rd.: **5:09** m bis Messpkt.: **164 m**
Overall: **5.** Km/h: **8,49** Min/Km: **7:05** m in Schlussrd.: **791 m**

Abs.	Runde	Abs.	Runde	Abs.	Runde	Abs.	Runde	Abs.	Runde	Abs.	Runde
6:21	5:17	4:47:55	6:00	10:15:18	5:50	16:58:55	6:40	23:48:47	6:34		
11:49	5:28	4:54:09	6:13	10:29:22	14:04	17:05:22	6:27	23:55:17	6:30		
17:06	5:16	5:00:23	6:14	10:36:08	6:45	17:11:49	6:27				
22:14	5:08	5:07:21	6:58	10:42:32	6:24	17:18:14	6:24				
27:27	5:12	5:14:52	7:30	10:49:02	6:29	17:24:40	6:26				
32:40	5:13	5:21:25	6:32	10:59:25	10:22	17:33:59	9:18				
37:53	5:12	5:27:44	6:19	11:06:28	7:03	17:44:33	10:33				
43:05	5:12	5:34:05	6:21	11:14:12	7:44	17:51:48	7:15				
48:21	5:15	5:40:22	6:16	11:20:55	6:43	17:58:52	7:04				
53:43	5:21	5:46:28	6:06	11:28:36	7:40	18:05:35	6:42				
59:04	5:21	5:53:10	6:41	11:38:26	9:49	18:16:06	10:31				
1:04:36	5:31	5:59:17	6:07	11:45:46	7:20	18:23:13	7:06				
1:10:01	5:25	6:05:20	6:02	11:52:43	6:57	18:34:13	11:00				
1:15:27	5:25	6:11:12	5:51	11:59:19	6:36	18:48:28	14:14				
1:20:49	5:21	6:17:24	6:12	12:05:47	6:27	18:55:53	7:25				
1:26:28	5:38	6:23:38	6:14	12:12:12	6:25	19:02:48	6:54				
1:32:07	5:38	6:29:35	5:56	12:18:44	6:31	19:14:07	11:19				
1:37:39	5:32	6:35:23	5:48	12:25:10	6:26	19:21:12	7:04				
1:43:09	5:30	6:41:16	5:52	12:31:34	6:24	19:27:52	6:40				
1:48:38	5:28	6:47:08	5:51	12:38:14	6:40	19:34:28	6:35				
1:54:07	5:28	6:59:46	12:38	12:44:41	6:26	19:40:53	6:25				
1:59:34	5:27	7:05:54	6:07	12:51:07	6:25	19:49:51	8:57				
2:04:59	5:25	7:11:48	5:53	13:02:13	11:06	20:00:33	10:41				
2:10:24	5:24	7:17:51	6:03	13:11:06	8:52	20:07:30	6:56				
2:15:46	5:21	7:24:09	6:17	13:17:56	6:50	20:13:53	6:23				
2:21:16	5:30	7:30:06	5:57	13:24:13	6:16	20:20:19	6:25				
2:26:37	5:21	7:36:24	6:17	13:30:47	6:34	20:33:11	12:52				
2:31:58	5:21	7:42:38	6:13	13:37:11	6:24	20:40:54	7:42				
2:37:25	5:26	7:48:37	5:59	13:43:36	6:24	20:47:48	6:53				
2:42:54	5:29	7:54:36	5:58	13:50:09	6:33	20:54:33	6:45				
2:48:41	5:46	8:07:05	12:29	13:56:41	6:32	21:05:47	11:14				
2:54:16	5:34	8:13:40	6:35	14:09:02	12:20	21:16:08	10:21				
2:59:52	5:36	8:20:01	6:20	14:16:03	7:01	21:23:12	7:03				
3:06:08	6:15	8:26:09	6:08	14:24:01	7:58	21:29:43	6:31				
3:11:41	5:33	8:32:08	5:58	14:43:12	19:10	21:40:46	11:03				
3:17:23	5:41	8:38:09	6:01	14:52:34	9:22	21:47:32	6:45				
3:23:04	5:41	8:44:07	5:58	15:00:12	7:37	21:54:15	6:43				
3:28:51	5:46	8:50:12	6:04	15:07:25	7:12	22:00:53	6:37				
3:34:28	5:37	8:56:54	6:41	15:22:53	15:27	22:07:19	6:25				
3:40:14	5:45	9:03:16	6:22	15:29:32	6:39	22:23:27	16:08				
3:46:01	5:47	9:13:03	9:47	15:44:57	15:24	22:31:01	7:33				
3:51:41	5:39	9:20:34	7:30	15:51:42	6:45	22:37:48	6:47				
3:57:36	5:54	9:27:21	6:47	15:58:19	6:36	22:47:09	9:20				
4:03:25	5:49	9:33:52	6:30	16:04:48	6:29	22:53:40	6:31				
4:09:15	5:49	9:39:55	6:02	16:11:31	6:42	23:00:02	6:22				
4:15:05	5:50	9:45:45	5:50	16:18:42	7:11	23:06:39	6:36				
4:20:54	5:48	9:51:38	5:53	16:27:37	8:54	23:13:30	6:51				
4:29:43	8:49	9:57:30	5:51	16:37:36	9:58	23:27:44	14:14				
4:35:38	5:54	10:03:30	6:00	16:45:33	7:57	23:35:05	7:20				
4:41:55	6:16	10:09:27	5:56	16:52:14	6:40	23:42:12	7:07				