



43. Brockenlauf

Ilsenburg / 07.09.2013

□□□□

Reinecke, Frank

□□: Brockenlaufverein Ilsenburg
 □□: 111

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:00:11

□□: 12.98 km/h
 □□□□: 4:35 min/km

□□□□□/□□□: 13 (of 456)

□□□□□/□: 13 (of 399)

□□□□□□: 1:39:03

□□□□□: 4(of 55)

□□□□□□□: 1:50:22

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:03 | 4:15 | 4 | 0:40 | 10 | 1:32 | 3.30 | 14:03 | 4:15 | 32 | - | 13 | 1:28 |
| Schlüsie | 3.10 | 15:57 | 5:08 | 4 | 1:30 | 13 | 2:35 | 6.40 | 30:00 | 4:41 | 31 | - | 11 | 4:00 |
| Hermannsklippe | 2.60 | 13:59 | 5:22 | 4 | 0:59 | 12 | 2:26 | 9.00 | 43:59 | 4:53 | 32 | - | 13 | 6:19 |
| Brocken | 3.10 | 22:57 | 7:24 | 5 | 2:39 | 19 | 4:56 | 12.10 | 1:06:56 | 5:31 | 32 | - | 13 | 10:52 |
| Eiserner Handwe | 3.60 | 14:04 | 3:54 | 3 | 0:46 | 9 | 2:01 | 15.70 | 1:21:00 | 5:09 | 32 | - | 13 | 12:50 |
| Schlüsie | 4.10 | 13:54 | 3:23 | 6 | 1:32 | 18 | 2:56 | 19.80 | 1:34:54 | 4:47 | 32 | - | 13 | 15:46 |
| Loddenke | 3.10 | 11:41 | 3:46 | 5 | 1:09 | 16 | 2:17 | 22.90 | 1:46:35 | 4:39 | 32 | - | 13 | 18:03 |
| Ilsenburg/Markt | 3.30 | 13:36 | 4:07 | 9 | 1:29 | 32 | 3:05 | 26.20 | 2:00:11 | 4:35 | 4 | 9:49 | 13 | 21:08 |