



43. Brockenlauf

Ilseburg / 07.09.2013

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Kahde, Jörg

□□: Laufclub Burgwedel
 □□: 123

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:03:48

□□: 12.60 km/h
 □□□□: 4:44 min/km

□□□□□/□□□: 19 (of 456)

□□□□□/□: 19 (of 399)

□□□□□□: 1:39:03

□□□□□: 3(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	14:49	4:29	4	0:37	22	2:18	3.30	14:49	4:29	74	-	19	2:14
Schlüsie	3.10	16:21	5:16	4	0:17	24	2:59	6.40	31:10	4:52	74	-	19	5:10
Hermannsklippe	2.60	14:27	5:33	3	0:12	20	2:54	9.00	45:37	5:04	74	-	19	7:57
Brocken	3.10	23:59	7:44	5	1:21	28	5:58	12.10	1:09:36	5:45	74	-	19	13:32
Eiserner Handwe	3.60	14:45	4:05	2	0:22	21	2:42	15.70	1:24:21	5:22	74	-	19	16:11
Schlüsie	4.10	14:14	3:28	3	0:14	24	3:16	19.80	1:38:35	4:58	74	-	19	19:27
Loddenke	3.10	11:59	3:51	3	0:50	24	2:35	22.90	1:50:34	4:49	74	-	19	22:02
Ilseburg/Markt	3.30	13:14	4:00	2	1:07	20	2:43	26.20	2:03:48	4:43	3	3:22	19	24:45