



# 43. Brockenlauf

Ilseburg / 07.09.2013

0000

Winkler, Martin

00: Lg Jessen

00: 164

00: 26.20 km

26,2 km - Lauf

0000:

Männer (20-29 Jahre)

000: 2:11:10

00: 11.89 km/h

0000: 5:01 min/km

00000/000: 41 (of 456)

00000/0: 41 (of 399)

000000: 1:39:03

00000: 12(of 40)

0000000: 1:41:42

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| 000             | 00   | 00    | 00     | 00 | 00   | 00  | 00   | 000   | 000     | 000    | 00 | 00    | 00 | 00    |
|-----------------|------|-------|--------|----|------|-----|------|-------|---------|--------|----|-------|----|-------|
|                 | km   | 00    | min/km | -  | -    | 0   | 0    | km    | 00      | min/km | -  | -     | 0  | 0     |
| Loddenke        | 3.30 | 17:21 | 5:15   | 19 | 4:50 | 104 | 4:50 | 3.30  | 17:21   | 5:15   | 32 |       | 41 | 4:46  |
| Schlüsle        | 3.10 | 16:55 | 5:27   | 12 | 3:33 | 38  | 3:33 | 6.40  | 34:16   | 5:21   | 32 |       | 41 | 8:16  |
| Hermannsklippe  | 2.60 | 14:42 | 5:39   | 11 | 3:09 | 28  | 3:09 | 9.00  | 48:58   | 5:26   | 32 |       | 41 | 11:18 |
| Brocken         | 3.10 | 22:38 | 7:18   | 6  | 4:37 | 13  | 4:37 | 12.10 | 1:11:36 | 5:55   | 32 |       | 41 | 15:32 |
| Eiserner Handwe | 3.60 | 16:40 | 4:37   | 15 | 4:37 | 82  | 4:37 | 15.70 | 1:28:16 | 5:37   | 32 |       | 41 | 20:06 |
| Schlüsle        | 4.10 | 15:38 | 3:48   | 14 | 4:16 | 65  | 4:40 | 19.80 | 1:43:54 | 5:14   | 32 |       | 41 | 24:46 |
| Loddenke        | 3.10 | 12:49 | 4:08   | 13 | 2:42 | 54  | 3:25 | 22.90 | 1:56:43 | 5:05   | 32 |       | 41 | 28:11 |
| Ilseburg/Markt  | 3.30 | 14:27 | 4:22   | 14 | 3:01 | 64  | 3:56 | 26.20 | 2:11:10 | 5:00   | 12 | 29:28 | 41 | 32:07 |