



43. Brockenlauf

Ilseburg / 07.09.2013

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Gerlach, Christoph

□□: Berlin
 □□: 209

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:12:35

□□: 11.86 km/h
 □□□□: 5:04 min/km

□□□□□/□□□: 50 (of 456)

□□□□□/□: 48 (of 399)

□□□□□□: 1:39:03

□□□□□: 8(of 39)

□□□□□□□: 1:50:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:59 | 4:50 | 10 | 2:07 | 58 | 3:28 | 3.30 | 15:59 | 4:50 | 28 | - | 48 | 3:24 |
| Schlüsie | 3.10 | 15:50 | 5:06 | 3 | 0:47 | 12 | 2:28 | 6.40 | 31:49 | 4:58 | 28 | - | 20 | 5:49 |
| Hermannsklippe | 2.60 | 14:41 | 5:38 | 4 | 1:39 | 27 | 3:08 | 9.00 | 46:30 | 5:10 | 28 | - | 48 | 8:50 |
| Brocken | 3.10 | 27:19 | 8:48 | 14 | 6:47 | 93 | 9:18 | 12.10 | 1:13:49 | 6:06 | 28 | - | 48 | 17:45 |
| Eiserner Handwe | 3.60 | 16:18 | 4:31 | 12 | 3:22 | 71 | 4:15 | 15.70 | 1:30:07 | 5:44 | 28 | - | 48 | 21:57 |
| Schlüsie | 4.10 | 16:13 | 3:57 | 14 | 3:54 | 92 | 5:15 | 19.80 | 1:46:20 | 5:22 | 28 | - | 48 | 27:12 |
| Loddenke | 3.10 | 12:49 | 4:08 | 9 | 2:17 | 54 | 3:25 | 22.90 | 1:59:09 | 5:12 | 28 | - | 48 | 30:37 |
| Ilseburg/Markt | 3.30 | 13:26 | 4:04 | 4 | 1:18 | 27 | 2:55 | 26.20 | 2:12:35 | 5:03 | 8 | 22:11 | 48 | 33:32 |