



43. Brockenlauf

Ilseburg / 07.09.2013

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Irmer, Tobias

□□: Magdeburg

□□: 59

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:17:05

□□: 11.38 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 70 (of 456)

□□□□□/□: 67 (of 399)

□□□□□□: 1:39:03

□□□□□: 12(of 55)

□□□□□□□: 1:50:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:48	4:47	10	2:25	50	3:17	3.30	15:48	4:47	40	-	58	3:13
Schlüsie	3.10	17:44	5:43	12	3:17	65	4:22	6.40	33:32	5:14	40	-	67	7:32
Hermannsklippe	2.60	15:52	6:06	12	2:52	65	4:19	9.00	49:24	5:29	40	-	67	11:44
Brocken	3.10	27:39	8:55	21	7:21	103	9:38	12.10	1:17:03	6:22	40	-	67	20:59
Eiserner Handwe	3.60	16:38	4:37	15	3:20	79	4:35	15.70	1:33:41	5:58	40	-	67	25:31
Schlüsie	4.10	16:06	3:55	19	3:44	86	5:08	19.80	1:49:47	5:32	40	-	67	30:39
Loddenke	3.10	12:49	4:08	12	2:17	54	3:25	22.90	2:02:36	5:21	40	-	67	34:04
Ilseburg/Markt	3.30	14:29	4:23	13	2:22	65	3:58	26.20	2:17:05	5:13	12	26:43	67	38:02