



# 43. Brockenlauf

Ilseburg / 07.09.2013

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## Stelter, Tobias

□□: Müritzsportclub Waren

□□: 184

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 2:18:06

□□: 11.30 km/h

□□□□: 5:16 min/km

□□□□□/□□□: 77 (of 456)

□□□□□/□: 74 (of 399)

□□□□□□: 1:39:03

□□□□□: 15(of 40)

□□□□□□□: 1:41:42

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 15:42    | 4:45         | 14      | 3:11    | 43      | 3:11    | 3.30  | 15:42     | 4:45          | 35      | -       | 74      | 3:07    |
| Schlüsie        | 3.10     | 17:53    | 5:46         | 15      | 4:31    | 71      | 4:31    | 6.40  | 33:35     | 5:14          | 35      | -       | 47      | 7:35    |
| Hermannsklippe  | 2.60     | 16:33    | 6:21         | 18      | 5:00    | 98      | 5:00    | 9.00  | 50:08     | 5:34          | 35      | -       | 74      | 12:28   |
| Brocken         | 3.10     | 27:20    | 8:49         | 18      | 9:19    | 94      | 9:19    | 12.10 | 1:17:28   | 6:24          | 35      | -       | 74      | 21:24   |
| Eiserner Handwe | 3.60     | 16:09    | 4:29         | 12      | 4:06    | 61      | 4:06    | 15.70 | 1:33:37   | 5:57          | 35      | -       | 74      | 25:27   |
| Schlüsie        | 4.10     | 15:48    | 3:51         | 15      | 4:26    | 72      | 4:50    | 19.80 | 1:49:25   | 5:31          | 35      | -       | 74      | 30:17   |
| Loddenke        | 3.10     | 14:04    | 4:32         | 22      | 3:57    | 126     | 4:40    | 22.90 | 2:03:29   | 5:23          | 35      | -       | 74      | 34:57   |
| Ilseburg/Markt  | 3.30     | 14:37    | 4:25         | 17      | 3:11    | 76      | 4:06    | 26.20 | 2:18:06   | 5:16          | 15      | 36:24   | 74      | 39:03   |