



43. Brockenlauf

Ilseburg / 07.09.2013

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Bittner, Holger

□□: BLV

□□: 993

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:23:23

□□: 10.88 km/h

□□□□: 5:28 min/km

□□□□□/□□□: 102 (of 456)

□□□□□/□: 97 (of 399)

□□□□□□: 1:39:03

□□□□□: 20(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:44	5:22	30	3:32	117	5:13	3.30	17:44	5:22	57	-	97	5:09
Schlüsie	3.10	18:38	6:00	21	2:34	101	5:16	6.40	36:22	5:40	57	-	97	10:22
Hermannsklippe	2.60	16:56	6:30	21	2:41	109	5:23	9.00	53:18	5:55	57	-	97	15:38
Brocken	3.10	28:38	9:14	24	6:00	125	10:37	12.10	1:21:56	6:46	57	-	97	25:52
Eiserner Handwe	3.60	16:43	4:38	20	2:20	85	4:40	15.70	1:38:39	6:17	57	-	97	30:29
Schlüsie	4.10	16:04	3:55	19	2:04	83	5:06	19.80	1:54:43	5:47	57	-	97	35:35
Loddenke	3.10	13:28	4:20	22	2:19	87	4:04	22.90	2:08:11	5:35	57	-	97	39:39
Ilseburg/Markt	3.30	15:12	4:36	26	3:05	107	4:41	26.20	2:23:23	5:28	20	22:57	97	44:20