



43. Brockenlauf

Ilseburg / 07.09.2013

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Loeser, Sascha

□□: Niedergörsdorf

□□: 196

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:24:15

□□: 10.81 km/h

□□□□: 5:31 min/km

□□□□□/□□□: 108 (of 456)

□□□□□/□: 102 (of 399)

□□□□□□: 1:39:03

□□□□□: 12(of 32)

□□□□□□□: 1:39:03

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:49 | 4:47 | 8 | 3:14 | 52 | 3:18 | 3.30 | 15:49 | 4:47 | 22 | - | 102 | 3:14 |
| Schlüsie | 3.10 | 17:44 | 5:43 | 8 | 4:19 | 65 | 4:22 | 6.40 | 33:33 | 5:14 | 22 | - | 58 | 7:33 |
| Hermannsklippe | 2.60 | 16:56 | 6:30 | 13 | 5:16 | 109 | 5:23 | 9.00 | 50:29 | 5:36 | 22 | - | 102 | 12:49 |
| Brocken | 3.10 | 25:27 | 8:12 | 8 | 7:03 | 53 | 7:26 | 12.10 | 1:15:56 | 6:16 | 22 | - | 102 | 19:52 |
| Eiserner Handwe | 3.60 | 18:20 | 5:05 | 15 | 6:14 | 166 | 6:17 | 15.70 | 1:34:16 | 6:00 | 22 | - | 102 | 26:06 |
| Schlüsie | 4.10 | 17:28 | 4:15 | 15 | 6:30 | 155 | 6:30 | 19.80 | 1:51:44 | 5:38 | 22 | - | 102 | 32:36 |
| Loddenke | 3.10 | 15:12 | 4:54 | 21 | 5:48 | 196 | 5:48 | 22.90 | 2:06:56 | 5:32 | 22 | - | 102 | 38:24 |
| Ilseburg/Markt | 3.30 | 17:19 | 5:14 | 22 | 6:48 | 208 | 6:48 | 26.20 | 2:24:15 | 5:30 | 12 | 45:12 | 102 | 45:12 |