



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Derksen, Marcel

□□: AV Veluwe - NL
 □□: 54

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:25:45

□□: 10.70 km/h
 □□□□: 5:34 min/km

□□□□□/□□□: 121 (of 456)

□□□□□/□: 114 (of 399)

□□□□□□: 1:39:03

□□□□□: 23(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:04 | 5:10 | 22 | 2:52 | 93 | 4:33 | 3.30 | 17:04 | 5:10 | 54 | - | 78 | 4:29 |
| Schlüsie | 3.10 | 19:26 | 6:16 | 30 | 3:22 | 137 | 6:04 | 6.40 | 36:30 | 5:42 | 54 | - | 113 | 10:30 |
| Hermannsklippe | 2.60 | 17:31 | 6:44 | 30 | 3:16 | 140 | 5:58 | 9.00 | 54:01 | 6:00 | 54 | - | 114 | 16:21 |
| Brocken | 3.10 | 29:23 | 9:28 | 31 | 6:45 | 144 | 11:22 | 12.10 | 1:23:24 | 6:53 | 54 | - | 114 | 27:20 |
| Eiserner Handwe | 3.60 | 16:11 | 4:29 | 14 | 1:48 | 63 | 4:08 | 15.70 | 1:39:35 | 6:20 | 54 | - | 114 | 31:25 |
| Schlüsie | 4.10 | 16:31 | 4:01 | 25 | 2:31 | 109 | 5:33 | 19.80 | 1:56:06 | 5:51 | 54 | - | 114 | 36:58 |
| Loddenke | 3.10 | 14:06 | 4:32 | 31 | 2:57 | 128 | 4:42 | 22.90 | 2:10:12 | 5:41 | 54 | - | 114 | 41:40 |
| Ilseburg/Markt | 3.30 | 15:33 | 4:42 | 30 | 3:26 | 124 | 5:02 | 26.20 | 2:25:45 | 5:33 | 23 | 25:19 | 114 | 46:42 |