



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Lüdtke, Mathias

□□: fettleibige Ballenstedter
 □□: 402

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:31:43

□□: 10.28 km/h
 □□□□: 5:47 min/km

□□□□□/□□□: 158 (of 456)

□□□□□/□: 149 (of 399)

□□□□□□: 1:39:03

□□□□□: 26(of 63)

□□□□□□□: 2:02:34

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:14 | 5:31 | 24 | 3:26 | 148 | 5:43 | 3.30 | 18:14 | 5:31 | 58 | - | 149 | 5:39 |
| Schlüsie | 3.10 | 19:20 | 6:14 | 23 | 2:59 | 131 | 5:58 | 6.40 | 37:34 | 5:52 | 58 | - | 125 | 11:34 |
| Hermannsklippe | 2.60 | 17:05 | 6:34 | 21 | 2:48 | 118 | 5:32 | 9.00 | 54:39 | 6:04 | 58 | - | 149 | 16:59 |
| Brocken | 3.10 | 31:45 | 10:14 | 34 | 8:50 | 219 | 13:44 | 12.10 | 1:26:24 | 7:08 | 58 | - | 149 | 30:20 |
| Eiserner Handwe | 3.60 | 17:33 | 4:52 | 24 | 2:50 | 141 | 5:30 | 15.70 | 1:43:57 | 6:37 | 58 | - | 149 | 35:47 |
| Schlüsie | 4.10 | 17:00 | 4:08 | 14 | 3:16 | 130 | 6:02 | 19.80 | 2:00:57 | 6:06 | 58 | - | 149 | 41:49 |
| Loddenke | 3.10 | 14:34 | 4:41 | 23 | 2:49 | 156 | 5:10 | 22.90 | 2:15:31 | 5:55 | 58 | - | 149 | 46:59 |
| Ilseburg/Markt | 3.30 | 16:12 | 4:54 | 24 | 3:04 | 155 | 5:41 | 26.20 | 2:31:43 | 5:47 | 26 | 29:09 | 149 | 52:40 |