



# 43. Brockenlauf

Ilseburg / 07.09.2013

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Tschirner, Oliver

□□: Prevelli Galiani Runners  
 □□: 372

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:32:57

□□: 10.20 km/h  
 □□□□: 5:50 min/km

□□□□□/□□□: 167 (of 456)

□□□□□/□: 156 (of 399)

□□□□□□: 1:39:03

□□□□□: 35(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:04	6:23	72	6:52	296	8:33	3.30	21:04	6:23	91	-	156	8:29
Schlüsie	3.10	19:13	6:11	26	3:09	124	5:51	6.40	40:17	6:17	91	-	156	14:17
Hermannsklippe	2.60	17:23	6:41	28	3:08	136	5:50	9.00	57:40	6:24	91	-	156	20:00
Brocken	3.10	29:32	9:31	32	6:54	147	11:31	12.10	1:27:12	7:12	91	-	152	31:08
Eiserner Handwe	3.60	16:59	4:43	26	2:36	101	4:56	15.70	1:44:11	6:38	91	-	156	36:01
Schlüsie	4.10	16:27	4:00	23	2:27	106	5:29	19.80	2:00:38	6:05	91	-	156	41:30
Loddenke	3.10	14:14	4:35	36	3:05	136	4:50	22.90	2:14:52	5:53	91	-	156	46:20
Ilseburg/Markt	3.30	18:05	5:28	63	5:58	250	7:34	26.20	2:32:57	5:50	35	32:31	156	53:54