



# 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

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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   |