



43. Brockenlauf

Ilseburg / 07.09.2013

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Losse, Hendrik

□□: Stiege

□□: 374

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:36:09

□□: 9.99 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 188 (of 456)

□□□□□/□: 175 (of 399)

□□□□□□: 1:39:03

□□□□□: 40(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:26	6:11	64	6:14	265	7:55	3.30	20:26	6:11	86	-	175	7:51
Schlüsie	3.10	20:11	6:30	39	4:07	183	6:49	6.40	40:37	6:20	86	-	150	14:37
Hermannsklippe	2.60	17:22	6:40	27	3:07	135	5:49	9.00	57:59	6:26	86	-	175	20:19
Brocken	3.10	30:21	9:47	40	7:43	178	12:20	12.10	1:28:20	7:18	86	-	175	32:16
Eiserner Handwe	3.60	17:35	4:53	36	3:12	143	5:32	15.70	1:45:55	6:44	86	-	175	37:45
Schlüsie	4.10	17:45	4:19	38	3:45	163	6:47	19.80	2:03:40	6:14	86	-	175	44:32
Loddenke	3.10	15:00	4:50	47	3:51	183	5:36	22.90	2:18:40	6:03	86	-	175	50:08
Ilseburg/Markt	3.30	17:29	5:17	57	5:22	220	6:58	26.20	2:36:09	5:57	40	35:43	175	57:06