



43. Brockenlauf

Ilseburg / 07.09.2013

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Dr. Weißenborn, Klaus-Dieter

□□: VS
□□: 126

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M70 (70-74 Jahre)

□□□: 2:36:10

□□: 9.99 km/h
□□□□: 5:58 min/km

□□□□□/□□□: 189 (of 456)

□□□□□/□: 176 (of 399)

□□□□□□: 1:39:03

□□□□□: 1(of 6)

□□□□□□□: 2:36:10

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:15 | 5:31 | 1 | - | 149 | 5:44 | 3.30 | 18:15 | 5:31 | 1 | - | 151 | 5:40 | |
| Schlüsie | 3.10 | 20:49 | 6:42 | 1 | - | 210 | 7:27 | 6.40 | 39:04 | 6:06 | 1 | - | 169 | 13:04 | |
| Hermannsklippe | 2.60 | 18:30 | 7:06 | 1 | - | 199 | 6:57 | 9.00 | 57:34 | 6:23 | 1 | - | 176 | 19:54 | |
| Brocken | 3.10 | 30:17 | 9:46 | 1 | - | 174 | 12:16 | 12.10 | 1:27:51 | 7:15 | 1 | - | 176 | 31:47 | |
| Eiserner Handwe | 3.60 | 18:02 | 5:00 | 1 | - | 157 | 5:59 | 15.70 | 1:45:53 | 6:44 | 1 | - | 176 | 37:43 | |
| Schlüsie | 4.10 | 17:27 | 4:15 | 1 | - | 153 | 6:29 | 19.80 | 2:03:20 | 6:13 | 1 | - | 176 | 44:12 | |
| Loddenke | 3.10 | 15:09 | 4:53 | 1 | - | 191 | 5:45 | 22.90 | 2:18:29 | 6:02 | 1 | - | 176 | 49:57 | |
| Ilseburg/Markt | 3.30 | 17:41 | 5:21 | 1 | - | 228 | 7:10 | 26.20 | 2:36:10 | 5:57 | 1 | - | 176 | 57:07 | |