



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Krocker, Steffen

□□: LG Konradsburg 90

□□: 347

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:38:01

□□: 9.87 km/h

□□□□: 6:02 min/km

□□□□□/□□□: 201 (of 456)

□□□□□/□: 188 (of 399)

□□□□□□: 1:39:03

□□□□□: 46(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:42 | 5:58 | 51 | 5:30 | 219 | 7:11 | 3.30 | 19:42 | 5:58 | 22 | - | 187 | 7:07 |
| Schlüsie | 3.10 | 20:49 | 6:42 | 49 | 4:45 | 210 | 7:27 | 6.40 | 40:31 | 6:19 | 81 | - | 187 | 14:31 |
| Hermannsklippe | 2.60 | 18:28 | 7:06 | 43 | 4:13 | 197 | 6:55 | 9.00 | 58:59 | 6:33 | 81 | - | 187 | 21:19 |
| Brocken | 3.10 | 30:02 | 9:41 | 34 | 7:24 | 165 | 12:01 | 12.10 | 1:29:01 | 7:21 | 81 | - | 187 | 32:57 |
| Eiserner Handwe | 3.60 | 18:29 | 5:08 | 42 | 4:06 | 172 | 6:26 | 15.70 | 1:47:30 | 6:50 | 81 | - | 187 | 39:20 |
| Schlüsie | 4.10 | 17:45 | 4:19 | 38 | 3:45 | 163 | 6:47 | 19.80 | 2:05:15 | 6:19 | 81 | - | 187 | 46:07 |
| Loddenke | 3.10 | 15:08 | 4:52 | 50 | 3:59 | 189 | 5:44 | 22.90 | 2:20:23 | 6:07 | 81 | - | 187 | 51:51 |
| Ilseburg/Markt | 3.30 | 17:38 | 5:20 | 59 | 5:31 | 225 | 7:07 | 26.20 | 2:38:01 | 6:01 | 46 | 37:35 | 188 | 58:58 |