



43. Brockenlauf

Ilseburg / 07.09.2013

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Schmidt, Norbert

□□: Dettingen

□□: 195

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:40:06

□□: 9.74 km/h

□□□□: 6:07 min/km

□□□□□/□□□: 214 (of 456)

□□□□□/□: 199 (of 399)

□□□□□□: 1:39:03

□□□□□: 31(of 63)

□□□□□□□: 2:02:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:20	5:51	31	4:32	189	6:49	3.30	19:20	5:51	63	-	199	6:45
Schlüsie	3.10	21:34	6:57	38	5:13	252	8:12	6.40	40:54	6:23	63	-	199	14:54
Hermannsklippe	2.60	19:24	7:27	33	5:07	230	7:51	9.00	1:00:18	6:41	63	-	199	22:38
Brocken	3.10	29:03	9:22	20	6:08	135	11:02	12.10	1:29:21	7:23	63	-	174	33:17
Eiserner Handwe	3.60	19:05	5:18	33	4:22	201	7:02	15.70	1:48:26	6:54	63	-	199	40:16
Schlüsie	4.10	18:15	4:27	27	4:31	184	7:17	19.80	2:06:41	6:23	63	-	199	47:33
Loddenke	3.10	15:16	4:55	30	3:31	201	5:52	22.90	2:21:57	6:11	62	-	192	53:25
Ilseburg/Markt	3.30	18:09	5:30	41	5:01	254	7:38	26.20	2:40:06	6:06	31	37:32	199	1:01:03