



# 43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

**Kunz, Carsten**

□□: Gerwisch  
 □□: 160

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M35 (35-39 Jahre)

□□□: 2:40:34

□□: 9.72 km/h  
 □□□□: 6:08 min/km

□□□□□/□□□: 222 (of 456)

□□□□□/□: 205 (of 399)

□□□□□□: 1:39:03

□□□□□: 20(of 39)

□□□□□□□: 1:50:24

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:47    | 5:59         | 23      | 5:55    | 228     | 7:16    | 3.30  | 19:47     | 5:59          | 11      |         | 205     | 7:12    |
| Schlüsie        | 3.10     | 21:12    | 6:50         | 25      | 6:09    | 229     | 7:50    | 6.40  | 40:59     | 6:24          | 11      |         | 205     | 14:59   |
| Hermannsklippe  | 2.60     | 18:54    | 7:16         | 25      | 5:52    | 209     | 7:21    | 9.00  | 59:53     | 6:39          | 11      |         | 205     | 22:13   |
| Brocken         | 3.10     | 31:17    | 10:05        | 23      | 10:45   | 202     | 13:16   | 12.10 | 1:31:10   | 7:32          | 11      |         | 205     | 35:06   |
| Eiserner Handwe | 3.60     | 17:43    | 4:55         | 18      | 4:47    | 145     | 5:40    | 15.70 | 1:48:53   | 6:56          | 11      |         | 205     | 40:43   |
| Schlüsie        | 4.10     | 17:45    | 4:19         | 19      | 5:26    | 163     | 6:47    | 19.80 | 2:06:38   | 6:23          | 11      |         | 188     | 47:30   |
| Loddenke        | 3.10     | 15:37    | 5:02         | 22      | 5:05    | 221     | 6:13    | 22.90 | 2:22:15   | 6:12          | 11      |         | 205     | 53:43   |
| Ilseburg/Markt  | 3.30     | 18:19    | 5:33         | 28      | 6:11    | 263     | 7:48    | 26.20 | 2:40:34   | 6:07          | 20      | 50:10   | 205     | 1:01:31 |