



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Jurkeit, Michael**

□□: Fishtown Runners Bremerhaven  
 □□: 411

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 2:40:39

□□: 9.71 km/h  
 □□□□: 6:08 min/km

□□□□□/□□□: 224 (of 456)

□□□□□/□: 207 (of 399)

□□□□□□: 1:39:03

□□□□□: 41(of 55)

□□□□□□□: 1:50:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:26	6:11	49	7:03	265	7:55	3.30	20:26	6:11	14	2:11	175	7:51
Schlüsie	3.10	21:09	6:49	43	6:42	223	7:47	6.40	41:35	6:29	14	2:43	206	15:35
Hermannsklippe	2.60	18:18	7:02	38	5:18	183	6:45	9.00	59:53	6:39	14	2:18	205	22:13
Brocken	3.10	31:17	10:05	39	10:59	202	13:16	12.10	1:31:10	7:32	14		205	35:06
Eiserner Handwe	3.60	18:48	5:13	37	5:30	188	6:45	15.70	1:49:58	7:00	14		206	41:48
Schlüsie	4.10	19:12	4:40	42	6:50	230	8:14	19.80	2:09:10	6:31	14		206	50:02
Loddenke	3.10	16:04	5:10	41	5:32	235	6:40	22.90	2:25:14	6:20	14		206	56:42
Ilseburg/Markt	3.30	15:25	4:40	22	3:18	115	4:54	26.20	2:40:39	6:07	41	50:17	207	1:01:36