



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Siefke, Christian

□□: SSV Erfurt 02

□□: 316

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:42:55

□□: 9.58 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 237 (of 456)

□□□□□/□: 217 (of 399)

□□□□□□: 1:39:03

□□□□□: 51(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:45 | 5:22 | 31 | 3:33 | 119 | 5:14 | 3.30 | 17:45 | 5:22 | 25 | - | 87 | 5:10 |
| Schlüsie | 3.10 | 20:20 | 6:33 | 43 | 4:16 | 193 | 6:58 | 6.40 | 38:05 | 5:57 | 25 | - | 216 | 12:05 |
| Hermannsklippe | 2.60 | 18:47 | 7:13 | 45 | 4:32 | 206 | 7:14 | 9.00 | 56:52 | 6:19 | 25 | - | 216 | 19:12 |
| Brocken | 3.10 | 31:50 | 10:16 | 52 | 9:12 | 223 | 13:49 | 12.10 | 1:28:42 | 7:19 | 25 | - | 216 | 32:38 |
| Eiserner Handwe | 3.60 | 19:56 | 5:32 | 59 | 5:33 | 238 | 7:53 | 15.70 | 1:48:38 | 6:55 | 25 | - | 216 | 40:28 |
| Schlüsie | 4.10 | 19:11 | 4:40 | 54 | 5:11 | 228 | 8:13 | 19.80 | 2:07:49 | 6:27 | 25 | - | 216 | 48:41 |
| Loddenke | 3.10 | 16:22 | 5:16 | 65 | 5:13 | 259 | 6:58 | 22.90 | 2:24:11 | 6:17 | 25 | - | 216 | 55:39 |
| Ilseburg/Markt | 3.30 | 18:44 | 5:40 | 70 | 6:37 | 276 | 8:13 | 26.20 | 2:42:55 | 6:13 | 51 | 42:29 | 217 | 1:03:52 |