



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Dettmann, Olaf**

□□: Team Carl Schultz

□□: 359

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:43:35

□□: 9.54 km/h

□□□□: 6:14 min/km

□□□□□/□□□: 240 (of 456)

□□□□□/□: 219 (of 399)

□□□□□□: 1:39:03

□□□□□: 33(of 63)

□□□□□□□: 2:02:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:02	5:27	21	3:14	138	5:31	3.30	18:02	5:27	2	-	99	5:27
Schlüsie	3.10	19:10	6:10	22	2:49	121	5:48	6.40	37:12	5:48	2	-	219	11:12
Hermannsklippe	2.60	18:25	7:05	31	4:08	195	6:52	9.00	55:37	6:10	2	-	219	17:57
Brocken	3.10	29:59	9:40	29	7:04	163	11:58	12.10	1:25:36	7:04	2	-	219	29:32
Eiserner Handwe	3.60	21:44	6:02	45	7:01	294	9:41	15.70	1:47:20	6:50	2	-	219	39:10
Schlüsie	4.10	20:30	5:00	41	6:46	281	9:32	19.80	2:07:50	6:27	2	-	219	48:42
Loddenke	3.10	16:22	5:16	39	4:37	259	6:58	22.90	2:24:12	6:17	2	-	219	55:40
Ilseburg/Markt	3.30	19:23	5:52	49	6:15	296	8:52	26.20	2:43:35	6:14	33	41:01	219	1:04:32