



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Pfeiffer, Matthias

□□: Darlingerode

□□: 418

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:47:30

□□: 9.31 km/h

□□□□: 6:23 min/km

□□□□□/□□□: 270 (of 456)

□□□□□/□: 244 (of 399)

□□□□□□: 1:39:03

□□□□□: 44(of 55)

□□□□□□□: 1:50:22

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:20 | 5:51 | 36 | 5:57 | 189 | 6:49 | 3.30 | 19:20 | 5:51 | 17 | 1:05 | 199 | 6:45 |
| Schlüsie | 3.10 | 20:04 | 6:28 | 38 | 5:37 | 176 | 6:42 | 6.40 | 39:24 | 6:09 | 17 | 0:32 | 244 | 13:24 |
| Hermannsklippe | 2.60 | 17:37 | 6:46 | 28 | 4:37 | 144 | 6:04 | 9.00 | 57:01 | 6:20 | 17 | | 244 | 19:21 |
| Brocken | 3.10 | 35:08 | 11:19 | 49 | 14:50 | 297 | 17:07 | 12.10 | 1:32:09 | 7:36 | 17 | | 244 | 36:05 |
| Eiserner Handwe | 3.60 | 19:30 | 5:25 | 42 | 6:12 | 219 | 7:27 | 15.70 | 1:51:39 | 7:06 | 17 | | 244 | 43:29 |
| Schlüsie | 4.10 | 19:22 | 4:43 | 44 | 7:00 | 240 | 8:24 | 19.80 | 2:11:01 | 6:37 | 17 | | 201 | 51:53 |
| Loddenke | 3.10 | 16:17 | 5:15 | 43 | 5:45 | 253 | 6:53 | 22.90 | 2:27:18 | 6:25 | 17 | 0:37 | 244 | 58:46 |
| Ilseburg/Markt | 3.30 | 20:12 | 6:07 | 47 | 8:05 | 318 | 9:41 | 26.20 | 2:47:30 | 6:23 | 44 | 57:08 | 244 | 1:08:27 |