



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Selzner, Mike

□□: Wolfsburg
 □□: 396

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:47:42

□□: 9.30 km/h
 □□□□: 6:24 min/km

□□□□□/□□□: 274 (of 456)

□□□□□/□: 247 (of 399)

□□□□□□: 1:39:03

□□□□□: 59(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:41 | 6:52 | 87 | 8:29 | 353 | 10:10 | 3.30 | 22:41 | 6:52 | 17 | 0:33 | 247 | 10:06 |
| Schlüsie | 3.10 | 21:19 | 6:52 | 56 | 5:15 | 232 | 7:57 | 6.40 | 44:00 | 6:52 | 17 | | 247 | 18:00 |
| Hermannsklippe | 2.60 | 19:18 | 7:25 | 53 | 5:03 | 224 | 7:45 | 9.00 | 1:03:18 | 7:01 | 17 | | 247 | 25:38 |
| Brocken | 3.10 | 33:12 | 10:42 | 61 | 10:34 | 257 | 15:11 | 12.10 | 1:36:30 | 7:58 | 17 | | 247 | 40:26 |
| Eiserner Handwe | 3.60 | 19:01 | 5:16 | 51 | 4:38 | 198 | 6:58 | 15.70 | 1:55:31 | 7:21 | 17 | | 247 | 47:21 |
| Schlüsie | 4.10 | 20:08 | 4:54 | 65 | 6:08 | 269 | 9:10 | 19.80 | 2:15:39 | 6:51 | 17 | | 247 | 56:31 |
| Loddenke | 3.10 | 15:34 | 5:01 | 54 | 4:25 | 217 | 6:10 | 22.90 | 2:31:13 | 6:36 | 17 | | 247 | 1:02:41 |
| Ilseburg/Markt | 3.30 | 16:29 | 4:59 | 41 | 4:22 | 170 | 5:58 | 26.20 | 2:47:42 | 6:24 | 59 | 47:16 | 247 | 1:08:39 |