



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Rudolph, Maik

□□: LSG-80 Schmückeläufer
 □□: 386

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:49:25

□□: 9.21 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 283 (of 456)

□□□□□/□: 256 (of 399)

□□□□□□: 1:39:03

□□□□□: 28(of 39)

□□□□□□□: 1:50:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:22 | 6:46 | 32 | 8:30 | 346 | 9:51 | 3.30 | 22:22 | 6:46 | 9 | | 256 | 9:47 |
| Schlüsie | 3.10 | 22:10 | 7:09 | 29 | 7:07 | 276 | 8:48 | 6.40 | 44:32 | 6:57 | 9 | | 256 | 18:32 |
| Hermannsklippe | 2.60 | 18:21 | 7:03 | 21 | 5:19 | 187 | 6:48 | 9.00 | 1:02:53 | 6:59 | 9 | | 256 | 25:13 |
| Brocken | 3.10 | 29:56 | 9:39 | 19 | 9:24 | 160 | 11:55 | 12.10 | 1:32:49 | 7:40 | 9 | | 191 | 36:45 |
| Eiserner Handwe | 3.60 | 22:40 | 6:17 | 34 | 9:44 | 316 | 10:37 | 15.70 | 1:55:29 | 7:21 | 9 | | 256 | 47:19 |
| Schlüsie | 4.10 | 22:01 | 5:22 | 33 | 9:42 | 312 | 11:03 | 19.80 | 2:17:30 | 6:56 | 9 | | 256 | 58:22 |
| Loddenke | 3.10 | 15:41 | 5:03 | 24 | 5:09 | 225 | 6:17 | 22.90 | 2:33:11 | 6:41 | 9 | | 256 | 1:04:39 |
| Ilseburg/Markt | 3.30 | 16:14 | 4:55 | 18 | 4:06 | 157 | 5:43 | 26.20 | 2:49:25 | 6:27 | 28 | 59:01 | 256 | 1:10:22 |