



43. Brockenlauf

Ilseburg / 07.09.2013

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Steins, Tilman

□□: Burbach

□□: 41

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:50:27

□□: 9.15 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 287 (of 456)

□□□□□/□: 260 (of 399)

□□□□□□: 1:39:03

□□□□□: 61(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:28	5:53	45	5:16	201	6:57	3.30	19:28	5:53	14	-	140	6:53
Schlüsie	3.10	20:51	6:43	50	4:47	214	7:29	6.40	40:19	6:17	15	-	260	14:19
Hermannsklippe	2.60	19:06	7:20	50	4:51	214	7:33	9.00	59:25	6:36	15	-	260	21:45
Brocken	3.10	31:17	10:05	46	8:39	202	13:16	12.10	1:30:42	7:29	15	-	260	34:38
Eiserner Handwe	3.60	26:20	7:18	90	11:57	368	14:17	15.70	1:57:02	7:27	15	-	260	48:52
Schlüsie	4.10	20:01	4:52	64	6:01	265	9:03	19.80	2:17:03	6:55	15	-	260	57:55
Loddenke	3.10	16:02	5:10	56	4:53	232	6:38	22.90	2:33:05	6:41	15	-	260	1:04:33
Ilseburg/Markt	3.30	17:22	5:15	54	5:15	212	6:51	26.20	2:50:27	6:30	61	50:01	260	1:11:24