



43. Brockenlauf

Ilseburg / 07.09.2013

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Fischer, Christian

□□: Bad Suedrode OT QLB
 □□: 392

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:51:34

□□: 9.16 km/h
 □□□□: 6:33 min/km

□□□□□/□□□: 295 (of 456)

□□□□□/□: 266 (of 399)

□□□□□□: 1:39:03

□□□□□: 63(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:40	6:15	68	6:28	281	8:09	3.30	20:40	6:15	13	-	266	8:05
Schlüsie	3.10	22:13	7:09	68	6:09	279	8:51	6.40	42:53	6:42	13	-	265	16:53
Hermannsklippe	2.60	20:17	7:48	62	6:02	265	8:44	9.00	1:03:10	7:01	13	-	266	25:30
Brocken	3.10	33:56	10:56	67	11:18	277	15:55	12.10	1:37:06	8:01	13	-	266	41:02
Eiserner Handwe	3.60	19:46	5:29	58	5:23	232	7:43	15.70	1:56:52	7:26	13	-	266	48:42
Schlüsie	4.10	19:26	4:44	56	5:26	242	8:28	19.80	2:16:18	6:53	13	-	266	57:10
Loddenke	3.10	16:28	5:18	66	5:19	264	7:04	22.90	2:32:46	6:40	13	-	262	1:04:14
Ilseburg/Markt	3.30	18:48	5:41	71	6:41	277	8:17	26.20	2:51:34	6:32	63	51:08	266	1:12:31