



# 43. Brockenlauf

Ilsenburg / 07.09.2013

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**Junig, Gunnar**

□□: Brockenlaufverein Ilsenburg  
 □□: 162

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:53:28

□□: 8.99 km/h  
 □□□□: 6:37 min/km

□□□□□/□□□: 304 (of 456)

□□□□□/□: 272 (of 399)

□□□□□□: 1:39:03

□□□□□: 16(of 30)

□□□□□□□: 2:11:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:41	6:16	19	4:44	283	8:10	3.30	20:41	6:16	1	-	272	8:06
Schlüsie	3.10	23:24	7:32	19	6:32	317	10:02	6.40	44:05	6:53	1	-	272	18:05
Hermannsklippe	2.60	21:56	8:26	18	6:44	317	10:23	9.00	1:06:01	7:20	1	-	272	28:21
Brocken	3.10	34:40	11:10	17	8:30	292	16:39	12.10	1:40:41	8:19	1	-	272	44:37
Eiserner Handwe	3.60	19:44	5:28	10	4:10	231	7:41	15.70	2:00:25	7:40	1	-	272	52:15
Schlüsie	4.10	19:07	4:39	13	4:04	226	8:09	19.80	2:19:32	7:02	1	-	272	1:00:24
Loddenke	3.10	16:05	5:11	14	3:22	237	6:41	22.90	2:35:37	6:47	1	-	272	1:07:05
Ilsenburg/Markt	3.30	17:51	5:24	12	4:07	236	7:20	26.20	2:53:28	6:37	16	42:13	272	1:14:25