



43. Brockenlauf

Ilseburg / 07.09.2013

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Twyrdy, Krystian

□□: LV.ASPA. Wolfsburg
 □□: 62

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:57:30

□□: 8.79 km/h
 □□□□: 6:46 min/km

□□□□□/□□□: 319 (of 456)

□□□□□/□: 284 (of 399)

□□□□□□: 1:39:03

□□□□□: 45(of 63)

□□□□□□□: 2:02:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:08	6:42	52	7:20	334	9:37	3.30	22:08	6:42	14	1:28	264	9:33
Schlüsie	3.10	22:20	7:12	44	5:59	282	8:58	6.40	44:28	6:56	14	0:08	284	18:28
Hermannsklippe	2.60	20:14	7:46	43	5:57	264	8:41	9.00	1:04:42	7:11	14		284	27:02
Brocken	3.10	33:32	10:49	43	10:37	265	15:31	12.10	1:38:14	8:07	14		284	42:10
Eiserner Handwe	3.60	22:44	6:18	50	8:01	317	10:41	15.70	2:00:58	7:42	14		284	52:48
Schlüsie	4.10	22:04	5:22	48	8:20	315	11:06	19.80	2:23:02	7:13	14		284	1:03:54
Loddenke	3.10	16:45	5:24	43	5:00	274	7:21	22.90	2:39:47	6:58	14		284	1:11:15
Ilseburg/Markt	3.30	17:43	5:22	33	4:35	229	7:12	26.20	2:57:30	6:46	45	54:56	284	1:18:27