



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Müller, Lutz

□□: Wimmelburg
□□: 435

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 2:58:05

□□: 8.76 km/h
□□□□: 6:48 min/km

□□□□□/□□□: 323 (of 456)

□□□□□/□: 287 (of 399)

□□□□□□: 1:39:03

□□□□□: 72(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:47 | 6:36 | 82 | 7:35 | 326 | 9:16 | 3.30 | 21:47 | 6:36 | 4 | | 287 | 9:12 |
| Schlüsie | 3.10 | 23:05 | 7:26 | 76 | 7:01 | 311 | 9:43 | 6.40 | 44:52 | 7:00 | 4 | | 287 | 18:52 |
| Hermannsklippe | 2.60 | 21:10 | 8:08 | 73 | 6:55 | 302 | 9:37 | 9.00 | 1:06:02 | 7:20 | 4 | | 287 | 28:22 |
| Brocken | 3.10 | 33:32 | 10:49 | 64 | 10:54 | 265 | 15:31 | 12.10 | 1:39:34 | 8:13 | 4 | 1:35 | 287 | 43:30 |
| Eiserner Handwe | 3.60 | 21:26 | 5:57 | 70 | 7:03 | 281 | 9:23 | 15.70 | 2:01:00 | 7:42 | 4 | 0:44 | 287 | 52:50 |
| Schlüsie | 4.10 | 22:02 | 5:22 | 75 | 8:02 | 313 | 11:04 | 19.80 | 2:23:02 | 7:13 | 4 | 3:08 | 284 | 1:03:54 |
| Loddenke | 3.10 | 17:24 | 5:36 | 72 | 6:15 | 295 | 8:00 | 22.90 | 2:40:26 | 7:00 | 4 | 5:47 | 287 | 1:11:54 |
| Ilseburg/Markt | 3.30 | 17:39 | 5:20 | 60 | 5:32 | 226 | 7:08 | 26.20 | 2:58:05 | 6:47 | 72 | 57:39 | 287 | 1:19:02 |