



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Weißenberger, Thorsten

□□: Hannover
 □□: 91

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:58:13

□□: 8.82 km/h
 □□□□: 6:48 min/km

□□□□□/□□□: 325 (of 456)

□□□□□/□: 288 (of 399)

□□□□□□: 1:39:03

□□□□□: 30(of 39)

□□□□□□□: 1:50:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:23 | 6:46 | 33 | 8:31 | 348 | 9:52 | 3.30 | 22:23 | 6:46 | 1 | - | 288 | 9:48 | |
| Schlüsie | 3.10 | 23:27 | 7:33 | 35 | 8:24 | 319 | 10:05 | 6.40 | 45:50 | 7:09 | 1 | - | 288 | 19:50 | |
| Hermannsklippe | 2.60 | 20:40 | 7:56 | 30 | 7:38 | 279 | 9:07 | 9.00 | 1:06:30 | 7:23 | 1 | - | 288 | 28:50 | |
| Brocken | 3.10 | 34:09 | 11:00 | 30 | 13:37 | 283 | 16:08 | 12.10 | 1:40:39 | 8:19 | 1 | - | 288 | 44:35 | |
| Eiserner Handwe | 3.60 | 21:55 | 6:05 | 32 | 8:59 | 298 | 9:52 | 15.70 | 2:02:34 | 7:48 | 1 | - | 288 | 54:24 | |
| Schlüsie | 4.10 | 19:42 | 4:48 | 28 | 7:23 | 251 | 8:44 | 19.80 | 2:22:16 | 7:11 | 1 | - | 288 | 1:03:08 | |
| Loddenke | 3.10 | 16:37 | 5:21 | 29 | 6:05 | 273 | 7:13 | 22.90 | 2:38:53 | 6:56 | 1 | - | 288 | 1:10:21 | |
| Ilseburg/Markt | 3.30 | 19:20 | 5:51 | 30 | 7:12 | 294 | 8:49 | 26.20 | 2:58:13 | 6:48 | 30 | 1:07:49 | 288 | 1:19:10 | |