



43. Brockenlauf

Ilseburg / 07.09.2013

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Popper, Norbert

□□: Pastein
□□: 20

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 2:58:15

□□: 8.75 km/h
□□□□: 6:48 min/km

□□□□□/□□□: 326 (of 456)

□□□□□/□: 289 (of 399)

□□□□□□: 1:39:03

□□□□□: 73(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:33	6:13	67	6:21	273	8:02	3.30	20:33	6:13	3		289	7:58
Schlüsie	3.10	21:29	6:55	61	5:25	243	8:07	6.40	42:02	6:34	3		289	16:02
Hermannsklippe	2.60	19:14	7:23	51	4:59	221	7:41	9.00	1:01:16	6:48	3		289	23:36
Brocken	3.10	37:09	11:59	82	14:31	337	19:08	12.10	1:38:25	8:08	3	0:26	289	42:21
Eiserner Handwe	3.60	22:56	6:22	81	8:33	325	10:53	15.70	2:01:21	7:43	3	1:05	289	53:11
Schlüsie	4.10	21:49	5:19	74	7:49	307	10:51	19.80	2:23:10	7:13	3	3:16	289	1:04:02
Loddenke	3.10	16:33	5:20	68	5:24	271	7:09	22.90	2:39:43	6:58	3	5:04	289	1:11:11
Ilseburg/Markt	3.30	18:32	5:36	68	6:25	273	8:01	26.20	2:58:15	6:48	73	57:49	289	1:19:12