



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Sander, Maximalian

□□: Velten
 □□: 17

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Männer (20-29 Jahre)

□□□: 2:58:58

□□: 8.72 km/h
 □□□□: 6:50 min/km

□□□□□/□□□: 330 (of 456)

□□□□□/□: 292 (of 399)

□□□□□□: 1:39:03

□□□□□: 35(of 40)

□□□□□□□: 1:41:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:45 | 6:35 | 39 | 9:14 | 324 | 9:14 | 3.30 | 21:45 | 6:35 | 15 | 1:19 | 292 | 9:10 |
| Schlüsie | 3.10 | 22:57 | 7:24 | 36 | 9:35 | 305 | 9:35 | 6.40 | 44:42 | 6:59 | 15 | 3:58 | 292 | 18:42 |
| Hermannsklippe | 2.60 | 21:04 | 8:06 | 36 | 9:31 | 296 | 9:31 | 9.00 | 1:05:46 | 7:18 | 15 | 6:43 | 292 | 28:06 |
| Brocken | 3.10 | 33:44 | 10:52 | 33 | 15:43 | 270 | 15:43 | 12.10 | 1:39:30 | 8:13 | 15 | 8:35 | 292 | 43:26 |
| Eiserner Handwe | 3.60 | 21:38 | 6:00 | 34 | 9:35 | 291 | 9:35 | 15.70 | 2:01:08 | 7:42 | 15 | 8:46 | 292 | 52:58 |
| Schlüsie | 4.10 | 20:18 | 4:57 | 34 | 8:56 | 275 | 9:20 | 19.80 | 2:21:26 | 7:08 | 15 | 9:21 | 292 | 1:02:18 |
| Loddenke | 3.10 | 17:21 | 5:35 | 34 | 7:14 | 292 | 7:57 | 22.90 | 2:38:47 | 6:56 | 15 | 11:19 | 277 | 1:10:15 |
| Ilseburg/Markt | 3.30 | 20:11 | 6:06 | 34 | 8:45 | 316 | 9:40 | 26.20 | 2:58:58 | 6:49 | 35 | 1:17:16 | 292 | 1:19:55 |