



43. Brockenlauf

Ilseburg / 07.09.2013

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Rupp, Marcel

□□: Freundeskreis 2011 FTF
 □□: 72

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:59:04

□□: 8.71 km/h
 □□□□: 6:50 min/km

□□□□□/□□□: 332 (of 456)

□□□□□/□: 294 (of 399)

□□□□□□: 1:39:03

□□□□□: 48(of 55)

□□□□□□□: 1:50:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:25	6:11	48	7:02	263	7:54	3.30	20:25	6:11	21	2:10	294	7:50
Schlüsie	3.10	22:17	7:11	53	7:50	281	8:55	6.40	42:42	6:40	21	3:50	294	16:42
Hermannsklippe	2.60	21:26	8:14	52	8:26	306	9:53	9.00	1:04:08	7:07	21	6:33	294	26:28
Brocken	3.10	34:03	10:59	47	13:45	281	16:02	12.10	1:38:11	8:06	21	4:15	294	42:07
Eiserner Handwe	3.60	23:39	6:34	51	10:21	338	11:36	15.70	2:01:50	7:45	21	8:47	294	53:40
Schlüsie	4.10	22:00	5:21	52	9:38	311	11:02	19.80	2:23:50	7:15	21	12:08	294	1:04:42
Loddenke	3.10	17:11	5:32	46	6:39	288	7:47	22.90	2:41:01	7:01	21	14:20	294	1:12:29
Ilseburg/Markt	3.30	18:03	5:28	42	5:56	246	7:32	26.20	2:59:04	6:50	48	1:08:42	294	1:20:01