



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Nehrkorn, Joachim

□□: Werne an der Lippe

□□: 176

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:59:11

□□: 8.71 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 334 (of 456)

□□□□□/□: 295 (of 399)

□□□□□□: 1:39:03

□□□□□: 10(of 20)

□□□□□□□: 2:22:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:21	6:10	3	3:35	256	7:50	3.30	20:21	6:10	12	-	158	7:46
Schlüsie	3.10	22:00	7:05	5	3:02	267	8:38	6.40	42:21	6:37	12	-	282	16:21
Hermannsklippe	2.60	20:07	7:44	6	2:58	257	8:34	9.00	1:02:28	6:56	12	-	296	24:48
Brocken	3.10	31:57	10:18	7	3:59	229	13:56	12.10	1:34:25	7:48	12	-	296	38:21
Eiserner Handwe	3.60	23:20	6:28	15	6:47	332	11:17	15.70	1:57:45	7:30	12	-	296	49:35
Schlüsie	4.10	22:46	5:33	15	6:33	332	11:48	19.80	2:20:31	7:05	12	-	296	1:01:23
Loddenke	3.10	18:28	5:57	16	4:43	325	9:04	22.90	2:38:59	6:56	12	-	296	1:10:27
Ilseburg/Markt	3.30	20:12	6:07	16	4:45	318	9:41	26.20	2:59:11	6:50	10	36:22	295	1:20:08