



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Scheide, Edgar

□□: Kallmerode
 □□: 292

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:03:06

□□: 8.52 km/h
 □□□□: 6:59 min/km

□□□□□/□□□: 349 (of 456)

□□□□□/□: 305 (of 399)

□□□□□□: 1:39:03

□□□□□: 19(of 30)

□□□□□□□: 2:11:15

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:31 | 6:31 | 22 | 5:34 | 312 | 9:00 | 3.30 | 21:31 | 6:31 | 13 | 0:50 | 271 | 8:56 | |
| Schlüsie | 3.10 | 24:34 | 7:55 | 21 | 7:42 | 341 | 11:12 | 6.40 | 46:05 | 7:12 | 13 | 2:00 | 305 | 20:05 | |
| Hermannsklippe | 2.60 | 23:31 | 9:02 | 23 | 8:19 | 356 | 11:58 | 9.00 | 1:09:36 | 7:43 | 13 | 3:35 | 305 | 31:56 | |
| Brocken | 3.10 | 35:30 | 11:27 | 18 | 9:20 | 302 | 17:29 | 12.10 | 1:45:06 | 8:41 | 13 | 4:25 | 305 | 49:02 | |
| Eiserner Handwe | 3.60 | 20:51 | 5:47 | 16 | 5:17 | 267 | 8:48 | 15.70 | 2:05:57 | 8:01 | 13 | 5:32 | 305 | 57:47 | |
| Schlüsie | 4.10 | 19:45 | 4:49 | 16 | 4:42 | 255 | 8:47 | 19.80 | 2:25:42 | 7:21 | 13 | 6:10 | 305 | 1:06:34 | |
| Loddenke | 3.10 | 17:20 | 5:35 | 19 | 4:37 | 291 | 7:56 | 22.90 | 2:43:02 | 7:07 | 13 | 7:25 | 305 | 1:14:30 | |
| Ilseburg/Markt | 3.30 | 20:04 | 6:04 | 20 | 6:20 | 311 | 9:33 | 26.20 | 3:03:06 | 6:59 | 19 | 51:51 | 305 | 1:24:03 | |