



43. Brockenlauf

Ilseburg / 07.09.2013

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Wichette, Norbert

□□: Niedersachsen
 □□: 442

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:05:31

□□: 8.41 km/h
 □□□□: 7:05 min/km

□□□□□/□□□: 363 (of 456)

□□□□□/□: 317 (of 399)

□□□□□□: 1:39:03

□□□□□: 79(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:08 | 6:24 | 75 | 6:56 | 302 | 8:37 | 3.30 | 21:08 | 6:24 | 47 | | 317 | 8:33 |
| Schlüsie | 3.10 | 23:13 | 7:29 | 78 | 7:09 | 314 | 9:51 | 6.40 | 44:21 | 6:55 | 47 | | 317 | 18:21 |
| Hermannsklippe | 2.60 | 22:37 | 8:41 | 86 | 8:22 | 337 | 11:04 | 9.00 | 1:06:58 | 7:26 | 47 | 0:22 | 317 | 29:18 |
| Brocken | 3.10 | 36:18 | 11:42 | 79 | 13:40 | 317 | 18:17 | 12.10 | 1:43:16 | 8:32 | 47 | 5:17 | 317 | 47:12 |
| Eiserner Handwe | 3.60 | 20:57 | 5:49 | 67 | 6:34 | 269 | 8:54 | 15.70 | 2:04:13 | 7:54 | 47 | 3:57 | 317 | 56:03 |
| Schlüsie | 4.10 | 19:33 | 4:46 | 58 | 5:33 | 246 | 8:35 | 19.80 | 2:23:46 | 7:15 | 47 | 3:52 | 317 | 1:04:38 |
| Loddenke | 3.10 | 18:52 | 6:05 | 82 | 7:43 | 334 | 9:28 | 22.90 | 2:42:38 | 7:06 | 47 | 7:59 | 317 | 1:14:06 |
| Ilseburg/Markt | 3.30 | 22:53 | 6:56 | 90 | 10:46 | 364 | 12:22 | 26.20 | 3:05:31 | 7:04 | 79 | 1:05:05 | 317 | 1:26:28 |