



43. Brockenlauf

Ilseburg / 07.09.2013

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Lührs, Sven

□□: ALLCURA Runners
 □□: 28

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:10:19

□□: 8.20 km/h
 □□□□: 7:16 min/km

□□□□□/□□□: 377 (of 456)

□□□□□/□: 329 (of 399)

□□□□□□: 1:39:03

□□□□□: 51(of 55)

□□□□□□□: 1:50:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:31	5:54	42	6:08	210	7:00	3.30	19:31	5:54	9	1:16	168	6:56
Schlüsie	3.10	21:29	6:55	46	7:02	243	8:07	6.40	41:00	6:24	24	2:08	330	15:00
Hermannsklippe	2.60	24:06	9:16	53	11:06	363	12:33	9.00	1:05:06	7:13	24	7:31	329	27:26
Brocken	3.10	36:43	11:50	52	16:25	327	18:42	12.10	1:41:49	8:24	24	7:53	330	45:45
Eiserner Handwe	3.60	21:46	6:02	49	8:28	296	9:43	15.70	2:03:35	7:52	24	10:32	330	55:25
Schlüsie	4.10	19:57	4:51	47	7:35	262	8:59	19.80	2:23:32	7:14	24	11:50	329	1:04:24
Loddenke	3.10	20:40	6:40	52	10:08	368	11:16	22.90	2:44:12	7:10	24	17:31	330	1:15:40
Ilseburg/Markt	3.30	26:07	7:54	55	14:00	389	15:36	26.20	3:10:19	7:15	51	1:19:57	329	1:31:16