



43. Brockenlauf

Ilseburg / 07.09.2013

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Berner, Roland

□□: LG Bad Frankenhausen / Göllingen
 □□: 323

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:13:35

□□: 8.06 km/h
 □□□□: 7:23 min/km

□□□□□/□□□: 389 (of 456)

□□□□□/□: 341 (of 399)

□□□□□□: 1:39:03

□□□□□: 21(of 30)

□□□□□□□: 2:11:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:08	6:42	25	6:11	334	9:37	3.30	22:08	6:42	11	1:27	264	9:33
Schlüsie	3.10	24:40	7:57	24	7:48	351	11:18	6.40	46:48	7:18	11	2:43	341	20:48
Hermannsklippe	2.60	23:12	8:55	22	8:00	350	11:39	9.00	1:10:00	7:46	11	3:59	341	32:20
Brocken	3.10	38:45	12:30	23	12:35	362	20:44	12.10	1:48:45	8:59	11	8:04	341	52:41
Eiserner Handwe	3.60	25:05	6:58	25	9:31	357	13:02	15.70	2:13:50	8:31	11	13:25	341	1:05:40
Schlüsie	4.10	24:29	5:58	26	9:26	362	13:31	19.80	2:38:19	7:59	11	18:47	341	1:19:11
Loddenke	3.10	17:12	5:32	18	4:29	289	7:48	22.90	2:55:31	7:39	11	19:54	341	1:26:59
Ilseburg/Markt	3.30	18:04	5:28	14	4:20	247	7:33	26.20	3:13:35	7:23	21	1:02:20	341	1:34:32