



43. Brockenlauf

Ilseburg / 07.09.2013

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Thiele, Jens

□□: SV Stockhütte

□□: 355

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:16:38

□□: 7.93 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 397 (of 456)

□□□□□/□: 349 (of 399)

□□□□□□: 1:39:03

□□□□□: 87(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:14	7:20	96	10:02	389	11:43	3.30	24:14	7:20	26	2:06	349	11:39
Schlüsie	3.10	23:46	7:39	83	7:42	327	10:24	6.40	48:00	7:30	26	2:08	349	22:00
Hermannsklippe	2.60	20:17	7:48	62	6:02	265	8:44	9.00	1:08:17	7:35	26	1:41	349	30:37
Brocken	3.10	29:22	9:28	29	6:44	142	11:21	12.10	1:37:39	8:04	26		349	41:35
Eiserner Handwe	3.60	27:37	7:40	93	13:14	382	15:34	15.70	2:05:16	7:58	26	5:00	349	57:06
Schlüsie	4.10	26:46	6:31	94	12:46	381	15:48	19.80	2:32:02	7:40	26	12:08	349	1:12:54
Loddenke	3.10	21:53	7:03	92	10:44	377	12:29	22.90	2:53:55	7:35	26	19:16	349	1:25:23
Ilseburg/Markt	3.30	22:43	6:53	89	10:36	361	12:12	26.20	3:16:38	7:30	87	1:16:12	349	1:37:35