



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Klaßen, Thomas

□□: www.cuxhund.de

□□: 397

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:19:33

□□: 7.82 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 403 (of 456)

□□□□□/□: 355 (of 399)

□□□□□□: 1:39:03

□□□□□: 56(of 63)

□□□□□□□: 2:02:34

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:01 | 6:40 | 51 | 7:13 | 330 | 9:30 | 3.30 | 22:01 | 6:40 | 25 | 1:21 | 355 | 9:26 | |
| Schlüsie | 3.10 | 24:51 | 8:00 | 56 | 8:30 | 358 | 11:29 | 6.40 | 46:52 | 7:19 | 25 | 2:32 | 355 | 20:52 | |
| Hermannsklippe | 2.60 | 24:07 | 9:16 | 56 | 9:50 | 364 | 12:34 | 9.00 | 1:10:59 | 7:53 | 25 | 3:32 | 355 | 33:19 | |
| Brocken | 3.10 | 37:46 | 12:10 | 51 | 14:51 | 345 | 19:45 | 12.10 | 1:48:45 | 8:59 | 25 | 2:58 | 341 | 52:41 | |
| Eiserner Handwe | 3.60 | 23:47 | 6:36 | 55 | 9:04 | 340 | 11:44 | 15.70 | 2:12:32 | 8:26 | 25 | 6:10 | 355 | 1:04:22 | |
| Schlüsie | 4.10 | 22:13 | 5:25 | 49 | 8:29 | 320 | 11:15 | 19.80 | 2:34:45 | 7:48 | 25 | 6:53 | 355 | 1:15:37 | |
| Loddenke | 3.10 | 20:39 | 6:39 | 59 | 8:54 | 367 | 11:15 | 22.90 | 2:55:24 | 7:39 | 25 | 10:27 | 355 | 1:26:52 | |
| Ilseburg/Markt | 3.30 | 24:09 | 7:19 | 60 | 11:01 | 377 | 13:38 | 26.20 | 3:19:33 | 7:36 | 56 | 1:16:59 | 355 | 1:40:30 | |