



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Quantmeyer, Walter

□□: TSG Düderode/Oldenrode
 □□: 165

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M65 (65-69 Jahre)

□□□: 3:21:02

□□: 7.76 km/h
 □□□□: 7:40 min/km

□□□□□/□□□: 408 (of 456)

□□□□□/□: 360 (of 399)

□□□□□□: 1:39:03

□□□□□: 9(of 10)

□□□□□□□: 2:29:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:06	7:00	10	5:21	366	10:35	3.30	23:06	7:00	9	5:21	360	10:31
Schlüsie	3.10	24:29	7:53	7	5:18	340	11:07	6.40	47:35	7:26	9	10:39	360	21:35
Hermannsklippe	2.60	22:23	8:36	6	5:29	331	10:50	9.00	1:09:58	7:46	9	16:08	360	32:18
Brocken	3.10	37:27	12:04	7	9:02	340	19:26	12.10	1:47:25	8:52	9	25:10	360	51:21
Eiserner Handwe	3.60	24:51	6:54	9	7:38	353	12:48	15.70	2:12:16	8:25	9	32:48	360	1:04:06
Schlüsie	4.10	24:28	5:58	10	6:15	361	13:30	19.80	2:36:44	7:54	9	38:57	360	1:17:36
Loddenke	3.10	20:28	6:36	9	6:07	363	11:04	22.90	2:57:12	7:44	9	44:35	360	1:28:40
Ilseburg/Markt	3.30	23:50	7:13	9	7:01	375	13:19	26.20	3:21:02	7:40	9	51:36	360	1:41:59