



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Post, Michael

□□: Rodenberg

□□: 294

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:21:42

□□: 7.73 km/h

□□□□: 7:42 min/km

□□□□□/□□□: 409 (of 456)

□□□□□/□: 361 (of 399)

□□□□□□: 1:39:03

□□□□□: 57(of 63)

□□□□□□□: 2:02:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:13	7:02	59	8:25	371	10:42	3.30	23:13	7:02	26	2:33	361	10:38
Schlüsie	3.10	25:10	8:07	57	8:49	363	11:48	6.40	48:23	7:33	26	4:03	361	22:23
Hermannsklippe	2.60	23:27	9:01	54	9:10	355	11:54	9.00	1:11:50	7:58	26	4:23	361	34:10
Brocken	3.10	38:55	12:33	57	16:00	365	20:54	12.10	1:50:45	9:09	26	4:58	361	54:41
Eiserner Handwe	3.60	24:27	6:47	56	9:44	347	12:24	15.70	2:15:12	8:36	26	8:50	361	1:07:02
Schlüsie	4.10	25:01	6:06	58	11:17	365	14:03	19.80	2:40:13	8:05	26	12:21	361	1:21:05
Loddenke	3.10	19:41	6:20	56	7:56	352	10:17	22.90	2:59:54	7:51	26	14:57	361	1:31:22
Ilseburg/Markt	3.30	21:48	6:36	56	8:40	350	11:17	26.20	3:21:42	7:41	57	1:19:08	361	1:42:39