



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Fender, Torsten

□□: Berlin

□□: 155

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:34:58

□□: 7.26 km/h

□□□□: 8:12 min/km

□□□□□/□□□: 436 (of 456)

□□□□□/□: 382 (of 399)

□□□□□□: 1:39:03

□□□□□: 94(of 99)

□□□□□□□: 2:00:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:20 | 6:27 | 76 | 7:08 | 306 | 8:49 | 3.30 | 21:20 | 6:27 | 32 | | 382 | 8:45 |
| Schlüsie | 3.10 | 29:45 | 9:35 | 99 | 13:41 | 397 | 16:23 | 6.40 | 51:05 | 7:58 | 32 | 5:13 | 382 | 25:05 |
| Hermannsklippe | 2.60 | 28:05 | 10:48 | 98 | 13:50 | 394 | 16:32 | 9.00 | 1:19:10 | 8:47 | 29 | 12:34 | 382 | 41:30 |
| Brocken | 3.10 | 46:41 | 15:03 | 96 | 24:03 | 394 | 28:40 | 12.10 | 2:05:51 | 10:24 | 32 | 27:52 | 382 | 1:09:47 |
| Eiserner Handwe | 3.60 | 25:32 | 7:05 | 85 | 11:09 | 360 | 13:29 | 15.70 | 2:31:23 | 9:38 | 32 | 31:07 | 382 | 1:23:13 |
| Schlüsie | 4.10 | 23:59 | 5:50 | 83 | 9:59 | 351 | 13:01 | 19.80 | 2:55:22 | 8:51 | 32 | 35:28 | 382 | 1:36:14 |
| Loddenke | 3.10 | 18:53 | 6:05 | 84 | 7:44 | 336 | 9:29 | 22.90 | 3:14:15 | 8:28 | 32 | 39:36 | 382 | 1:45:43 |
| Ilseburg/Markt | 3.30 | 20:43 | 6:16 | 84 | 8:36 | 333 | 10:12 | 26.20 | 3:34:58 | 8:12 | 94 | 1:34:32 | 382 | 1:55:55 |