



43. Brockenlauf

Ilseburg / 07.09.2013

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Wermer, Thomas

□□: Team Hundebox.de
 □□: 446

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:35:05

□□: 7.25 km/h
 □□□□: 8:13 min/km

□□□□□/□□□: 437 (of 456)

□□□□□/□: 383 (of 399)

□□□□□□: 1:39:03

□□□□□: 55(of 55)

□□□□□□□: 1:50:22

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:33 | 7:08 | 55 | 10:10 | 381 | 11:02 | 3.30 | 23:33 | 7:08 | 28 | 5:18 | 383 | 10:58 |
| Schlüsie | 3.10 | 28:11 | 9:05 | 55 | 13:44 | 393 | 14:49 | 6.40 | 51:44 | 8:04 | 28 | 12:52 | 383 | 25:44 |
| Hermannsklippe | 2.60 | 25:06 | 9:39 | 55 | 12:06 | 376 | 13:33 | 9.00 | 1:16:50 | 8:32 | 28 | 19:15 | 383 | 39:10 |
| Brocken | 3.10 | 36:27 | 11:45 | 51 | 16:09 | 322 | 18:26 | 12.10 | 1:53:17 | 9:21 | 28 | 19:21 | 383 | 57:13 |
| Eiserner Handwe | 3.60 | 26:57 | 7:29 | 54 | 13:39 | 377 | 14:54 | 15.70 | 2:20:14 | 8:55 | 28 | 27:11 | 383 | 1:12:04 |
| Schlüsie | 4.10 | 29:04 | 7:05 | 55 | 16:42 | 392 | 18:06 | 19.80 | 2:49:18 | 8:33 | 28 | 37:36 | 381 | 1:30:10 |
| Loddenke | 3.10 | 23:12 | 7:29 | 54 | 12:40 | 387 | 13:48 | 22.90 | 3:12:30 | 8:24 | 28 | 45:49 | 383 | 1:43:58 |
| Ilseburg/Markt | 3.30 | 22:35 | 6:50 | 53 | 10:28 | 359 | 12:04 | 26.20 | 3:35:05 | 8:12 | 55 | 1:44:43 | 383 | 1:56:02 |