



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Seidel, Gunnar

□□: Skiclub Okker
 □□: 416

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:48:33

□□: 6.83 km/h
 □□□□: 8:43 min/km

□□□□□/□□□: 446 (of 456)

□□□□□/□: 390 (of 399)

□□□□□□: 1:39:03

□□□□□: 63(of 63)

□□□□□□□: 2:02:34

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 26:23 | 7:59 | 62 | 11:35 | 395 | 13:52 | 3.30 | 26:23 | 7:59 | 32 | 5:43 | 390 | 13:48 | |
| Schlüsie | 3.10 | 27:24 | 8:50 | 62 | 11:03 | 390 | 14:02 | 6.40 | 53:47 | 8:24 | 32 | 9:27 | 390 | 27:47 | |
| Hermannsklippe | 2.60 | 25:27 | 9:47 | 60 | 11:10 | 381 | 13:54 | 9.00 | 1:19:14 | 8:48 | 32 | 11:47 | 390 | 41:34 | |
| Brocken | 3.10 | 38:05 | 12:17 | 54 | 15:10 | 352 | 20:04 | 12.10 | 1:57:19 | 9:41 | 32 | 11:32 | 390 | 1:01:15 | |
| Eiserner Handwe | 3.60 | 31:18 | 8:41 | 63 | 16:35 | 394 | 19:15 | 15.70 | 2:28:37 | 9:27 | 32 | 22:15 | 390 | 1:20:27 | |
| Schlüsie | 4.10 | 28:29 | 6:56 | 62 | 14:45 | 388 | 17:31 | 19.80 | 2:57:06 | 8:56 | 32 | 29:14 | 390 | 1:37:58 | |
| Loddenke | 3.10 | 23:24 | 7:32 | 62 | 11:39 | 389 | 14:00 | 22.90 | 3:20:30 | 8:45 | 32 | 35:33 | 390 | 1:51:58 | |
| Ilseburg/Markt | 3.30 | 28:03 | 8:30 | 63 | 14:55 | 395 | 17:32 | 26.20 | 3:48:33 | 8:43 | 63 | 1:45:59 | 390 | 2:09:30 | |