



43. Brockenlauf

Ilseburg / 07.09.2013

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Seidel, Antje

□□□: 3:48:33

□□: 415

□□: 6.83 km/h

□□□□: 8:43 min/km

□□: 26.20 km

□□□□□/□□□: 447 (of 456)

26,2 km - Lauf

□□□□□/□: 390 (of 399)

□□□□□□: 1:39:03

□□□□:

□□□□□: 97(of 99)

Senioren M45 (45-49 Jahre)

□□□□□□□: 2:00:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 26:24 | 8:00 | 98 | 12:12 | 396 | 13:53 | 3.30 | 26:24 | 8:00 | 29 | 4:16 | 387 | 13:49 | |
| Schlüsie | 3.10 | 27:24 | 8:50 | 96 | 11:20 | 390 | 14:02 | 6.40 | 53:48 | 8:24 | 29 | 7:56 | 391 | 27:48 | |
| Hermannsklippe | 2.60 | 25:22 | 9:45 | 94 | 11:07 | 379 | 13:49 | 9.00 | 1:19:10 | 8:47 | 29 | 12:34 | 382 | 41:30 | |
| Brocken | 3.10 | 38:09 | 12:18 | 86 | 15:31 | 353 | 20:08 | 12.10 | 1:57:19 | 9:41 | 29 | 19:20 | 390 | 1:01:15 | |
| Eiserner Handwe | 3.60 | 31:19 | 8:41 | 97 | 16:56 | 395 | 19:16 | 15.70 | 2:28:38 | 9:28 | 29 | 28:22 | 391 | 1:20:28 | |
| Schlüsie | 4.10 | 28:25 | 6:55 | 96 | 14:25 | 387 | 17:27 | 19.80 | 2:57:03 | 8:56 | 29 | 37:09 | 391 | 1:37:55 | |
| Loddenke | 3.10 | 23:24 | 7:32 | 96 | 12:15 | 389 | 14:00 | 22.90 | 3:20:27 | 8:45 | 29 | 45:48 | 391 | 1:51:55 | |
| Ilseburg/Markt | 3.30 | 28:06 | 8:30 | 99 | 15:59 | 396 | 17:35 | 26.20 | 3:48:33 | 8:43 | 97 | 1:48:07 | 390 | 2:09:30 | |