



42. Brockenlauf Ilseburg / 01.09.2012

0000

von Amsberg, Patrick

00: TuS Altwarmbüchen

00: 91

00: 26.20 km

Brockenlauf

0000:

Senioren M35 (35-39 Jahre)

000: 1:59:30

00: 13.05 km/h

0000: 4:34 min/km

00000/000: 13 (of 426)

00000/0: 13 (of 371)

000000: 1:42:20

00000: 4(of 47)

0000000: 1:49:50

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	14:34	4:24	5	0:58	13	2:08	3.30	14:34	4:24	28			13	2:08
Schlüsie	3.10	16:10	5:12	5	1:03	15	2:44	6.40	30:44	4:48	28			13	4:52
Hermannsklippe	2.60	14:05	5:25	6	1:07	19	2:20	9.00	44:49	4:58	28			13	7:12
Brocken	3.10	22:58	7:24	8	3:14	19	4:52	12.10	1:07:47	5:36	28			13	12:04
Eiserner Handwe	3.60	14:40	4:04	5	1:48	28	2:42	15.70	1:22:27	5:15	28			13	14:04
Schlüsie	4.10	13:38	3:19	5	1:18	18	1:42	19.80	1:36:05	4:51	28			13	15:07
Loddenke	3.10	11:00	3:32	2	0:03	9	0:47	22.90	1:47:05	4:40	28			13	15:54
Ilseburg/Markt	3.30	12:25	3:45	4	0:34	11	1:16	26.20	1:59:30	4:33	4	9:40		13	17:10