



42. Brockenlauf Ilseburg / 01.09.2012

0000

Vahldiek, Mirko

00: Beierstedt

00: 141

00: 26.20 km

Brockenlauf

0000:

Männer (20-29 Jahre)

000: 2:31:20

00: 10.39 km/h

0000: 5:47 min/km

00000/000: 193 (of 426)

00000/0: 183 (of 371)

000000: 1:42:20

00000: 28(of 37)

0000000: 1:42:20

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	15:25	4:40	10	2:59	32	2:59	3.30	15:25	4:40	10		25	2:59
Schlüsle	3.10	18:31	5:58	21	5:05	111	5:05	6.40	33:56	5:18	10		183	8:04
Hermannsklippe	2.60	17:29	6:43	27	5:44	165	5:44	9.00	51:25	5:42	10		183	13:48
Brocken	3.10	27:40	8:55	25	9:34	150	9:34	12.10	1:19:05	6:32	10		183	23:22
Eiserner Handwe	3.60	20:02	5:33	31	7:22	255	8:04	15.70	1:39:07	6:18	10		183	30:44
Schlüsle	4.10	16:44	4:04	25	4:09	155	4:48	19.80	1:55:51	5:51	10		183	34:53
Loddenke	3.10	14:53	4:48	31	4:40	226	4:40	22.90	2:10:44	5:42	10		183	39:33
Ilseburg/Markt	3.30	20:36	6:14	35	9:27	346	9:27	26.20	2:31:20	5:46	28	49:00	183	49:00