



42. Brockenlauf Ilseburg / 01.09.2012

0000

Teubener, Kai

00: SV Nienstädt 09

00: 122

00: 26.20 km

Brockenlauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:39:54

00: 9.76 km/h

0000: 6:06 min/km

00000/000: 259 (of 426)

00000/0: 239 (of 371)

000000: 1:42:20

00000: 39(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	19:44	5:58	37	6:08	243	7:18	3.30	19:44	5:58	16			239	7:18
Schlüsse	3.10	21:34	6:57	41	6:27	264	8:08	6.40	41:18	6:27	16	0:51		239	15:26
Hermannsklippe	2.60	19:02	7:19	40	6:04	238	7:17	9.00	1:00:20	6:42	16	1:14		239	22:43
Brocken	3.10	31:44	10:14	40	12:00	268	13:38	12.10	1:32:04	7:36	16	3:19		239	36:21
Eiserner Handwe	3.60	19:32	5:25	37	6:40	238	7:34	15.70	1:51:36	7:06	16	3:02		239	43:13
Schlüsse	4.10	18:15	4:27	36	5:55	223	6:19	19.80	2:09:51	6:33	16	3:42		239	48:53
Loddenke	3.10	14:17	4:36	33	3:20	189	4:04	22.90	2:24:08	6:17	16	3:10		239	52:57
Ilseburg/Markt	3.30	15:46	4:46	35	3:55	194	4:37	26.20	2:39:54	6:06	39	50:04		239	57:34