



42. Brockenlauf Ilseburg / 01.09.2012

0000

Lemke, Marcus

00: Bad Lauterberg

00: 197

00: 26.20 km

Brockenlauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:53:52

00: 8.97 km/h

0000: 6:38 min/km

00000/000: 341 (of 426)

00000/0: 307 (of 371)

000000: 1:42:20

00000: 42(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	20:26	6:11	43	6:50	287	8:00	3.30	20:26	6:11	19	0:41	228	8:00
Schlüsle	3.10	22:17	7:11	44	7:10	303	8:51	6.40	42:43	6:40	19	2:16	254	16:51
Hermannsklippe	2.60	20:07	7:44	44	7:09	287	8:22	9.00	1:02:50	6:58	19	3:44	307	25:13
Brocken	3.10	31:36	10:11	39	11:52	264	13:30	12.10	1:34:26	7:48	19	5:41	307	38:43
Eiserner Handwe	3.60	21:14	5:53	43	8:22	291	9:16	15.70	1:55:40	7:22	19	7:06	307	47:17
Schlüsle	4.10	20:30	5:00	43	8:10	300	8:34	19.80	2:16:10	6:52	19	10:01	307	55:12
Loddenke	3.10	18:29	5:57	46	7:32	340	8:16	22.90	2:34:39	6:45	19	13:41	307	1:03:28
Ilseburg/Markt	3.30	19:13	5:49	43	7:22	325	8:04	26.20	2:53:52	6:38	42	1:04:02	307	1:11:32