



42. Brockenlauf Ilseburg / 01.09.2012

0000

Scheibe, Frank

00: SV Westfeld

00: 312

00: 26.20 km

Brockenlauf

0000:

Senioren M45 (45-49 Jahre)

000: 3:02:17

00: 8.56 km/h

0000: 6:58 min/km

00000/000: 373 (of 426)

00000/0: 331 (of 371)

000000: 1:42:20

00000: 70(of 77)

0000000: 1:59:01

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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	17:58	5:26	30	3:15	142	5:32	3.30	17:58	5:26	29			331	5:32
Schlüsle	3.10	22:02	7:06	64	5:38	292	8:36	6.40	40:00	6:15	29			331	14:08
Hermannsklippe	2.60	22:16	8:33	71	8:20	339	10:31	9.00	1:02:16	6:55	29	2:02		331	24:39
Brocken	3.10	37:20	12:02	73	15:25	350	19:14	12.10	1:39:36	8:13	29	5:53		331	43:53
Eiserner Handwe	3.60	23:44	6:35	71	9:44	344	11:46	15.70	2:03:20	7:51	29	11:14		331	54:57
Schlüsle	4.10	22:36	5:30	70	9:20	339	10:40	19.80	2:25:56	7:22	29	16:28		331	1:04:58
Loddenke	3.10	17:44	5:43	72	6:32	330	7:31	22.90	2:43:40	7:08	29	19:48		331	1:12:29
Ilseburg/Markt	3.30	18:37	5:38	69	6:06	315	7:28	26.20	3:02:17	6:57	70	1:03:16		331	1:19:57