



42. Brockenlauf

Ilseburg / 01.09.2012

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Sahm, Maik

□□: Berlin

□□: 14

□□: 26.20 km

Brockenlauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:05:02

□□: 8.43 km/h

□□□□: 7:04 min/km

□□□□□/□□□: 381 (of 426)

□□□□□/□: 337 (of 371)

□□□□□□: 1:42:20

□□□□□: 72(of 77)

□□□□□□□: 1:59:01

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:21	7:04	75	8:38	354	10:55	3.30	23:21	7:04	26	5:11	337	10:55
Schlüsie	3.10	23:33	7:35	70	7:09	332	10:07	6.40	46:54	7:19	27	6:47	337	21:02
Hermannsklippe	2.60	21:30	8:16	68	7:34	328	9:45	9.00	1:08:24	7:36	27	8:10	337	30:47
Brocken	3.10	36:02	11:37	69	14:07	340	17:56	12.10	1:44:26	8:37	27	10:43	337	48:43
Eiserner Handwe	3.60	24:18	6:45	73	10:18	351	12:20	15.70	2:08:44	8:11	26	16:38	337	1:00:21
Schlüsie	4.10	22:46	5:33	72	9:30	343	10:50	19.80	2:31:30	7:39	26	22:02	337	1:10:32
Loddenke	3.10	16:48	5:25	67	5:36	312	6:35	22.90	2:48:18	7:20	26	24:26	337	1:17:07
Ilseburg/Markt	3.30	16:44	5:04	56	4:13	252	5:35	26.20	3:05:02	7:03	72	1:06:01	337	1:22:42