



# 43. Brockenlauf

Ilsenburg / 07.09.2013

Orlishausen, Hans

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Orl: Rostock

Orl: 519

Orl: 9.60 km

9,6 km - Lauf

Orl: 1:11:26

Senioren M75 (75 und älter)

Orl: 1:11:26

Orl: 7.56 km/h

Orl: 7:26 min/km

Orl: 167 (of 170)

Orl: 110 (of 111)

Orl: 33:31

Orl: 3(of 4)

Orl: 1:06:20

Orl: 1:11:26

Orl: 1:11:26

Orl: 1:11:26

| Orl             | km   | Orl   | min/km | - | -    | Orl | Orl   | Orl  | Orl     | min/km | - | -    | Orl | Orl   |
|-----------------|------|-------|--------|---|------|-----|-------|------|---------|--------|---|------|-----|-------|
| Ilsestein       | 4.10 | 34:39 | 8:27   | 3 | 0:16 | 108 | 18:16 | 4.10 | 34:39   | 8:27   | 3 | 0:16 | 110 | 17:58 |
| Loddenke        | 2.20 | 15:59 | 7:15   | 2 | 3:15 | 109 | 9:25  | 6.30 | 50:38   | 8:02   | 3 | 3:31 | 110 | 27:23 |
| Ilsenburg/Markt | 3.30 | 20:48 | 6:18   | 3 | 1:35 | 110 | 10:35 | 9.60 | 1:11:26 | 7:26   | 3 | 5:06 | 110 | 37:55 |