



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Klemme, Jürgen**

□□: LG TuS Lügde

□□: 322

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:00:26

□□: 12.95 km/h

□□□□: 4:36 min/km

□□□□□/□□□: 14 (of 456)

□□□□□/□: 14 (of 399)

□□□□□□: 1:39:03

□□□□□: 1(of 99)

□□□□□□□: 2:00:26

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 14:57    | 4:31         | 6       | 0:45    | 28      | 2:26    | 3.30  | 14:57     | 4:31          | 88      | -       | 14      | 2:22    |
| Schlüsie        | 3.10     | 16:14    | 5:14         | 2       | 0:10    | 20      | 2:52    | 6.40  | 31:11     | 4:52          | 88      | -       | 10      | 5:11    |
| Hermannsklippe  | 2.60     | 14:15    | 5:28         | 1       | -       | 14      | 2:42    | 9.00  | 45:26     | 5:02          | 88      | -       | 14      | 7:46    |
| Brocken         | 3.10     | 22:38    | 7:18         | 1       | -       | 13      | 4:37    | 12.10 | 1:08:04   | 5:37          | 88      | -       | 14      | 12:00   |
| Eiserner Handwe | 3.60     | 15:06    | 4:11         | 6       | 0:43    | 29      | 3:03    | 15.70 | 1:23:10   | 5:17          | 88      | -       | 14      | 15:00   |
| Schlüsie        | 4.10     | 14:00    | 3:24         | 1       | -       | 19      | 3:02    | 19.80 | 1:37:10   | 4:54          | 88      | -       | 14      | 18:02   |
| Loddenke        | 3.10     | 11:09    | 3:35         | 1       | -       | 9       | 1:45    | 22.90 | 1:48:19   | 4:43          | 88      | -       | 14      | 19:47   |
| Ilseburg/Markt  | 3.30     | 12:07    | 3:40         | 1       | -       | 4       | 1:36    | 26.20 | 2:00:26   | 4:35          | 1       | -       | 14      | 21:23   |