



43. Brockenlauf

Ilseburg / 07.09.2013

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Weinholz, Dieter

□□: SV Brenkhausen/Brosseborn
 □□: 463

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:02:34

□□: 12.73 km/h
 □□□□: 4:41 min/km

□□□□□/□□□: 17 (of 456)

□□□□□/□: 17 (of 399)

□□□□□□: 1:39:03

□□□□□: 1(of 63)

□□□□□□□: 2:02:34

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:48 | 4:29 | 1 | - | 21 | 2:17 | 3.30 | 14:48 | 4:29 | 49 | - | 17 | 2:13 |
| Schlüsie | 3.10 | 16:21 | 5:16 | 1 | - | 24 | 2:59 | 6.40 | 31:09 | 4:52 | 49 | - | 17 | 5:09 |
| Hermannsklippe | 2.60 | 14:17 | 5:29 | 1 | - | 15 | 2:44 | 9.00 | 45:26 | 5:02 | 49 | - | 14 | 7:46 |
| Brocken | 3.10 | 23:31 | 7:35 | 2 | 0:36 | 21 | 5:30 | 12.10 | 1:08:57 | 5:41 | 49 | - | 17 | 12:53 |
| Eiserner Handwe | 3.60 | 14:43 | 4:05 | 1 | - | 20 | 2:40 | 15.70 | 1:23:40 | 5:19 | 49 | - | 17 | 15:30 |
| Schlüsie | 4.10 | 13:44 | 3:20 | 1 | - | 14 | 2:46 | 19.80 | 1:37:24 | 4:55 | 49 | - | 17 | 18:16 |
| Loddenke | 3.10 | 11:51 | 3:49 | 2 | 0:06 | 20 | 2:27 | 22.90 | 1:49:15 | 4:46 | 49 | - | 17 | 20:43 |
| Ilseburg/Markt | 3.30 | 13:19 | 4:02 | 2 | 0:11 | 23 | 2:48 | 26.20 | 2:02:34 | 4:40 | 1 | - | 17 | 23:31 |