



43. Brockenlauf

Ilseburg / 07.09.2013

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Gebauer, Thoralf

□□: SV Elbland Coswig-Meissen e.V.
 □□: 454

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:27:05

□□: 10.69 km/h
 □□□□: 5:37 min/km

□□□□□/□□□: 135 (of 456)

□□□□□/□: 127 (of 399)

□□□□□□: 1:39:03

□□□□□: 19(of 63)

□□□□□□□: 2:02:34

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:11 | 5:48 | 30 | 4:23 | 180 | 6:40 | 3.30 | 19:11 | 5:48 | 51 | - | 128 | 6:36 |
| Schlüsie | 3.10 | 18:20 | 5:54 | 14 | 1:59 | 90 | 4:58 | 6.40 | 37:31 | 5:51 | 51 | - | 128 | 11:31 |
| Hermannsklippe | 2.60 | 16:55 | 6:30 | 17 | 2:38 | 107 | 5:22 | 9.00 | 54:26 | 6:02 | 51 | - | 128 | 16:46 |
| Brocken | 3.10 | 28:44 | 9:16 | 18 | 5:49 | 126 | 10:43 | 12.10 | 1:23:10 | 6:52 | 51 | - | 128 | 27:06 |
| Eiserner Handwe | 3.60 | 17:16 | 4:47 | 16 | 2:33 | 119 | 5:13 | 15.70 | 1:40:26 | 6:23 | 51 | - | 128 | 32:16 |
| Schlüsie | 4.10 | 17:15 | 4:12 | 20 | 3:31 | 142 | 6:17 | 19.80 | 1:57:41 | 5:56 | 51 | - | 128 | 38:33 |
| Loddenke | 3.10 | 13:57 | 4:30 | 16 | 2:12 | 118 | 4:33 | 22.90 | 2:11:38 | 5:44 | 51 | - | 128 | 43:06 |
| Ilseburg/Markt | 3.30 | 15:27 | 4:40 | 16 | 2:19 | 119 | 4:56 | 26.20 | 2:27:05 | 5:36 | 19 | 24:31 | 127 | 48:02 |