



43. Brockenlauf

Ilseburg / 07.09.2013

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Teutloff, Peter

□□: TSG Guts Muths Quedlinburg
 □□: 378

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:37:36

□□: 9.90 km/h
 □□□□: 6:01 min/km

□□□□□/□□□: 199 (of 456)

□□□□□/□: 186 (of 399)

□□□□□□: 1:39:03

□□□□□: 44(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:39	6:33	80	7:27	317	9:08	3.30	21:39	6:33	82	-	186	9:04
Schlüsie	3.10	22:52	7:22	75	6:48	302	9:30	6.40	44:31	6:57	11	-	186	18:31
Hermannsklippe	2.60	18:50	7:14	47	4:35	208	7:17	9.00	1:03:21	7:02	82	-	186	25:41
Brocken	3.10	23:38	7:37	3	1:00	22	5:37	12.10	1:26:59	7:11	82	-	186	30:55
Eiserner Handwe	3.60	21:29	5:58	71	7:06	287	9:26	15.70	1:48:28	6:54	82	-	186	40:18
Schlüsie	4.10	18:47	4:34	50	4:47	207	7:49	19.80	2:07:15	6:25	82	-	186	48:07
Loddenke	3.10	13:11	4:15	19	2:02	75	3:47	22.90	2:20:26	6:07	82	-	186	51:54
Ilseburg/Markt	3.30	17:10	5:12	50	5:03	203	6:39	26.20	2:37:36	6:00	44	37:10	186	58:33