



43. Brockenlauf

Ilseburg / 07.09.2013

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Melzer, Rolf

□□: TSV Niederndodeleben
 □□: 963

□□: 26.20 km
 26,2 km - Wanderung

□□□□:
 Männer

□□□: 4:30:39

□□: 5.81 km/h
 □□□□: 10:20 min/km

□□□□□/□□□: 11 (of 23)

□□□□□/□: 7 (of 10)

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□□□□□: 7(of 10)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	30:13	9:09	7	2:10	7	2:10	3.30	30:13	9:09	7	2:07	7	2:07
Schlüsie	3.10	33:36	10:50	8	6:18	8	6:18	6.40	1:03:49	9:58	7	8:25	7	8:25
Hermannsklippe	2.60	32:13	12:23	8	9:35	8	9:35	9.00	1:36:02	10:40	7	18:00	7	18:00
Brocken	3.10	52:05	16:48	8	17:37	8	17:37	12.10	2:28:07	12:14	7	35:27	7	35:27
Eiserner Handwe	3.60	33:16	9:14	6	4:01	6	4:01	15.70	3:01:23	11:33	7	36:48	7	36:48
Schlüsie	4.10	33:03	8:03	7	6:20	7	6:20	19.80	3:34:26	10:49	7	40:31	7	40:31
Loddenke	3.10	27:20	8:49	7	4:29	7	4:29	22.90	4:01:46	10:33	7	44:58	7	44:58
Ilseburg/Markt	3.30	28:53	8:45	7	4:43	7	4:43	26.20	4:30:39	10:19	7	49:41	7	49:41