



43. Brockenlauf

Ilseburg / 07.09.2013

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Leipelt, Markus

□□: MTV Vorsfelde Marathon
 □□: 438

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:46:19

□□: 9.38 km/h
 □□□□: 6:21 min/km

□□□□□/□□□: 259 (of 456)

□□□□□/□: 235 (of 399)

□□□□□□: 1:39:03

□□□□□: 36(of 63)

□□□□□□□: 2:02:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:10	6:43	55	7:22	340	9:39	3.30	22:10	6:43	5	1:30	235	9:35
Schlüsie	3.10	22:50	7:21	49	6:29	300	9:28	6.40	45:00	7:01	5	0:40	235	19:00
Hermannsklippe	2.60	20:10	7:45	42	5:53	262	8:37	9.00	1:05:10	7:14	5		235	27:30
Brocken	3.10	29:52	9:38	26	6:57	156	11:51	12.10	1:35:02	7:51	5		235	38:58
Eiserner Handwe	3.60	21:09	5:52	44	6:26	273	9:06	15.70	1:56:11	7:24	5		235	48:01
Schlüsie	4.10	19:15	4:41	36	5:31	234	8:17	19.80	2:15:26	6:50	5		235	56:18
Loddenke	3.10	15:20	4:56	32	3:35	205	5:56	22.90	2:30:46	6:35	5		235	1:02:14
Ilseburg/Markt	3.30	15:33	4:42	17	2:25	124	5:02	26.20	2:46:19	6:20	36	43:45	235	1:07:16