



43. Brockenlauf

Ilseburg / 07.09.2013

□□□□

Behrens, Claus

□□: always run alone

□□: 179

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:54:54

□□: 8.92 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 307 (of 456)

□□□□□/□: 275 (of 399)

□□□□□□: 1:39:03

□□□□□: 44(of 63)

□□□□□□□: 2:02:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:38	6:15	42	5:50	279	8:07	3.30	20:38	6:15	11	-	273	8:03
Schlüsie	3.10	21:29	6:55	36	5:08	243	8:07	6.40	42:07	6:34	13	-	275	16:07
Hermannsklippe	2.60	21:03	8:05	46	6:46	295	9:30	9.00	1:03:10	7:01	13	-	266	25:30
Brocken	3.10	33:25	10:46	42	10:30	261	15:24	12.10	1:36:35	7:58	13	-	275	40:31
Eiserner Handwe	3.60	22:25	6:13	47	7:42	311	10:22	15.70	1:59:00	7:34	13	-	275	50:50
Schlüsie	4.10	20:38	5:01	43	6:54	288	9:40	19.80	2:19:38	7:03	13	-	275	1:00:30
Loddenke	3.10	16:11	5:13	36	4:26	244	6:47	22.90	2:35:49	6:48	13	-	275	1:07:17
Ilseburg/Markt	3.30	19:05	5:46	46	5:57	289	8:34	26.20	2:54:54	6:40	44	52:20	275	1:15:51