



43. Brockenlauf

Ilseburg / 07.09.2013

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Weissenberger, Thorsten

□□: Hannover

□□: 91

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:58:13

□□: 8.75 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 325 (of 456)

□□□□□/□: 288 (of 399)

□□□□□□: 1:39:03

□□□□□: 30(of 39)

□□□□□□□: 1:50:24

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:23	6:46	33	8:31	348	9:52	3.30	22:23	6:46	1	-	288	9:48
Schlüsie	3.10	23:27	7:33	35	8:24	319	10:05	6.40	45:50	7:09	1	-	288	19:50
Hermannsklippe	2.60	20:40	7:56	30	7:38	279	9:07	9.00	1:06:30	7:23	1	-	288	28:50
Brocken	3.10	34:09	11:00	30	13:37	283	16:08	12.10	1:40:39	8:19	1	-	288	44:35
Eiserner Handwe	3.60	21:55	6:05	32	8:59	298	9:52	15.70	2:02:34	7:48	1	-	288	54:24
Schlüsie	4.10	19:42	4:48	28	7:23	251	8:44	19.80	2:22:16	7:11	1	-	288	1:03:08
Loddenke	3.10	16:37	5:21	29	6:05	273	7:13	22.90	2:38:53	6:56	1	-	288	1:10:21
Ilseburg/Markt	3.30	19:20	5:51	30	7:12	294	8:49	26.20	2:58:13	6:48	30	1:07:49	288	1:19:10