



43. Brockenlauf

Ilseburg / 07.09.2013

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Rohde, Peter

□□: TUS Kirchwalsede
 □□: 108

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:05:07

□□: 8.43 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 362 (of 456)

□□□□□/□: 316 (of 399)

□□□□□□: 1:39:03

□□□□□: 14(of 20)

□□□□□□□: 2:22:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:09	6:42	14	5:23	338	9:38	3.30	22:09	6:42	8	1:07	316	9:34
Schlüsie	3.10	24:47	7:59	16	5:49	354	11:25	6.40	46:56	7:19	8	2:21	316	20:56
Hermannsklippe	2.60	22:20	8:35	15	5:11	329	10:47	9.00	1:09:16	7:41	8	2:26	316	31:36
Brocken	3.10	35:34	11:28	12	7:36	305	17:33	12.10	1:44:50	8:39	8	0:50	316	48:46
Eiserner Handwe	3.60	23:13	6:26	14	6:40	331	11:10	15.70	2:08:03	8:09	8	1:17	316	59:53
Schlüsie	4.10	21:35	5:15	11	5:22	302	10:37	19.80	2:29:38	7:33	8	2:20	316	1:10:30
Loddenke	3.10	16:53	5:26	9	3:08	277	7:29	22.90	2:46:31	7:16	8	2:44	316	1:17:59
Ilseburg/Markt	3.30	18:36	5:38	10	3:09	274	8:05	26.20	3:05:07	7:03	14	42:18	316	1:26:04