



43. Brockenlauf

Ilseburg / 07.09.2013

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Scheibe, Frank

□□: SV Westfeld

□□: 290

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:08:16

□□: 8.29 km/h

□□□□: 7:11 min/km

□□□□□/□□□: 369 (of 456)

□□□□□/□: 322 (of 399)

□□□□□□: 1:39:03

□□□□□: 81(of 99)

□□□□□□□: 2:00:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:57	5:44	41	4:45	175	6:26	3.30	18:57	5:44	45			322	6:22
Schlüsie	3.10	21:52	7:03	64	5:48	262	8:30	6.40	40:49	6:22	22			229	14:49
Hermannsklippe	2.60	23:35	9:04	90	9:20	357	12:02	9.00	1:04:24	7:09	45			322	26:44
Brocken	3.10	40:15	12:59	92	17:37	372	22:14	12.10	1:44:39	8:38	45	6:40		322	48:35
Eiserner Handwe	3.60	23:06	6:25	82	8:43	328	11:03	15.70	2:07:45	8:08	45	7:29		322	59:35
Schlüsie	4.10	24:04	5:52	86	10:04	356	13:06	19.80	2:31:49	7:40	45	11:55		322	1:12:41
Loddenke	3.10	17:25	5:37	74	6:16	297	8:01	22.90	2:49:14	7:23	45	14:35		322	1:20:42
Ilseburg/Markt	3.30	19:02	5:46	76	6:55	285	8:31	26.20	3:08:16	7:11	81	1:07:50		322	1:29:13