



# 43. Brockenlauf

Ilseburg / 07.09.2013

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**Thiele, Joachim**

□□: Wolfsburg

□□: 18

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:09:07

□□: 8.25 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 373 (of 456)

□□□□□/□: 326 (of 399)

□□□□□□: 1:39:03

□□□□□: 51(of 63)

□□□□□□□: 2:02:34

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:01	6:03	38	5:13	238	7:30	3.30	20:01	6:03	20			192	7:26
Schlüsie	3.10	22:16	7:10	43	5:55	280	8:54	6.40	42:17	6:36	20			325	16:17
Hermannsklippe	2.60	22:15	8:33	52	7:58	324	10:42	9.00	1:04:32	7:10	20			325	26:52
Brocken	3.10	39:22	12:41	58	16:27	367	21:21	12.10	1:43:54	8:35	20			325	47:50
Eiserner Handwe	3.60	22:49	6:20	51	8:06	324	10:46	15.70	2:06:43	8:04	20	0:21		325	58:33
Schlüsie	4.10	22:02	5:22	47	8:18	313	11:04	19.80	2:28:45	7:30	20	0:53		325	1:09:37
Loddenke	3.10	18:21	5:55	52	6:36	320	8:57	22.90	2:47:06	7:17	20	2:09		325	1:18:34
Ilseburg/Markt	3.30	22:01	6:40	57	8:53	356	11:30	26.20	3:09:07	7:13	51	1:06:33		326	1:30:04