



43. Brockenlauf

Ilseburg / 07.09.2013

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Schmidt, Lothar

□□: Möser

□□: 172

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:10:58

□□: 8.23 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 379 (of 456)

□□□□□/□: 332 (of 399)

□□□□□□: 1:39:03

□□□□□: 20(of 30)

□□□□□□□: 2:11:15

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:27	5:53	8	3:30	195	6:56	3.30	19:27	5:53	12		59	6:52
Schlüsie	3.10	23:04	7:26	18	6:12	308	9:42	6.40	42:31	6:38	12		320	16:31
Hermannsklippe	2.60	24:21	9:21	25	9:09	366	12:48	9.00	1:06:52	7:25	12	0:51	332	29:12
Brocken	3.10	40:16	12:59	25	14:06	373	22:15	12.10	1:47:08	8:51	12	6:27	332	51:04
Eiserner Handwe	3.60	23:08	6:25	21	7:34	329	11:05	15.70	2:10:16	8:17	12	9:51	332	1:02:06
Schlüsie	4.10	21:54	5:20	20	6:51	308	10:56	19.80	2:32:10	7:41	12	12:38	332	1:13:02
Loddenke	3.10	18:24	5:56	21	5:41	323	9:00	22.90	2:50:34	7:26	12	14:57	332	1:22:02
Ilseburg/Markt	3.30	20:24	6:10	21	6:40	324	9:53	26.20	3:10:58	7:17	20	59:43	332	1:31:55