



43. Brockenlauf

Ilseburg / 07.09.2013

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Schäper, Jörg

□□: Gaensefurther Sportbewegung
 □□: 189

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:20:27

□□: 7.78 km/h
 □□□□: 7:39 min/km

□□□□□/□□□: 406 (of 456)

□□□□□/□: 358 (of 399)

□□□□□□: 1:39:03

□□□□□: 53(of 55)

□□□□□□□: 1:50:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:34	6:13	50	7:11	274	8:03	3.30	20:34	6:13	26	2:19	254	7:59
Schlüsie	3.10	21:25	6:54	45	6:58	237	8:03	6.40	41:59	6:33	26	3:07	358	15:59
Hermannsklippe	2.60	20:23	7:50	48	7:23	270	8:50	9.00	1:02:22	6:55	26	4:47	358	24:42
Brocken	3.10	34:14	11:02	48	13:56	287	16:13	12.10	1:36:36	7:59	26	2:40	358	40:32
Eiserner Handwe	3.60	40:01	11:06	55	26:43	398	27:58	15.70	2:16:37	8:42	26	23:34	358	1:08:27
Schlüsie	4.10	23:13	5:39	53	10:51	338	12:15	19.80	2:39:50	8:04	26	28:08	358	1:20:42
Loddenke	3.10	18:49	6:04	50	8:17	332	9:25	22.90	2:58:39	7:48	26	31:58	358	1:30:07
Ilseburg/Markt	3.30	21:48	6:36	52	9:41	350	11:17	26.20	3:20:27	7:39	53	1:30:05	358	1:41:24