



44. Brockenlauf

Ilseburg / 06.09.2014

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Cabak, Guido

□□: NSV Wernigerode

□□: 244

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 1:58:41

□□: 13.14 km/h

□□□□: 4:32 min/km

□□□□□/□□□: 12 (of 492)

□□□□□/□: 12 (of 415)

□□□□□□: 1:38:33

□□□□□: 1(of 36)

□□□□□□□: 1:58:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	14:20	4:20	1	-	10	2:28	3.30	14:20	4:20	28	-	-	13	
Schlüsie	3.10	15:58	5:09	1	-	13	3:00	6.40	30:18	4:44	28	-	-	12	5:28
Hermannsklippe	2.60	14:02	5:23	1	-	12	2:31	9.00	44:20	4:55	28	-	-	12	7:59
Brocken	3.10	21:31	6:56	1	-	10	3:41	12.10	1:05:51	5:26	28	-	-	12	11:40
Eiserner Handwe	3.60	14:36	4:03	1	-	14	2:34	15.70	1:20:27	5:07	28	-	-	12	14:14
Schlüsie	4.10	13:59	3:24	1	-	16	2:29	19.80	1:34:26	4:46	28	-	-	12	16:43
Loddenke	3.10	11:33	3:43	1	-	12	1:43	22.90	1:45:59	4:37	28	-	-	12	18:26
Ilseburg/Markt	3.30	12:42	3:50	1	-	14	4:10	26.20	1:58:41	4:31	1	-	-	12	20:08