



44. Brockenlauf

Ilseburg / 06.09.2014

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Hertelt, Sven

□□: BSC Preußen 07

□□: 493

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:17:20

□□: 11.36 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 60 (of 492)

□□□□□/□: 58 (of 415)

□□□□□□: 1:38:33

□□□□□: 10(of 36)

□□□□□□□: 1:53:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:33	5:19	15	3:13	100	5:41	3.30	17:33	5:19	3	-	59	-
Schlüsie	3.10	18:32	5:58	12	2:36	84	5:34	6.40	36:05	5:38	19	-	52	11:15
Hermannsklippe	2.60	16:11	6:13	10	2:42	59	4:40	9.00	52:16	5:48	19	-	58	15:55
Brocken	3.10	24:46	7:59	8	3:31	40	6:56	12.10	1:17:02	6:21	19	-	58	22:51
Eiserner Handwe	3.60	16:40	4:37	10	3:28	74	4:38	15.70	1:33:42	5:58	19	-	48	27:29
Schlüsie	4.10	16:24	4:00	12	3:42	95	4:54	19.80	1:50:06	5:33	19	-	58	32:23
Loddenke	3.10	12:54	4:09	7	2:30	55	3:04	22.90	2:03:00	5:22	19	-	58	35:27
Ilseburg/Markt	3.30	14:20	4:20	8	2:55	54	5:48	26.20	2:17:20	5:14	10	24:03	58	38:47