



44. Brockenlauf Ilseburg / 06.09.2014

0000

Janke, Jörg

00: Leipzig

00: 183

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:19:24

00: 11.19 km/h

0000: 5:19 min/km

00000/000: 71 (of 492)

00000/0: 68 (of 415)

000000: 1:38:33

00000: 8(of 36)

0000000: 1:58:41

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	16:14	4:55	5	1:54	50	4:22	3.30	16:14	4:55	26			69	
Schlüsse	3.10	16:45	5:24	4	0:47	29	3:47	6.40	32:59	5:09	26			31	8:09
Hermannsklippe	2.60	14:49	5:41	3	0:47	25	3:18	9.00	47:48	5:18	26			68	11:27
Brocken	3.10	23:05	7:26	2	1:34	17	5:15	12.10	1:10:53	5:51	26			68	16:42
Eiserner Handwe	3.60	18:24	5:06	17	3:48	176	6:22	15.70	1:29:17	5:41	26			68	23:04
Schlüsse	4.10	18:49	4:35	21	4:50	232	7:19	19.80	1:48:06	5:27	26			68	30:23
Loddenke	3.10	15:09	4:53	19	3:36	215	5:19	22.90	2:03:15	5:22	26			68	35:42
Ilseburg/Markt	3.30	16:09	4:53	15	3:27	175	7:37	26.20	2:19:24	5:19	8	20:43		68	40:51