



44. Brockenlauf Ilseburg / 06.09.2014

0000

Wernecke, Frank

00: W+J

00: 448

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 2:20:43

00: 11.09 km/h

0000: 5:22 min/km

00000/000: 78 (of 492)

00000/0: 75 (of 415)

000000: 1:38:33

00000: 20(of 98)

0000000: 1:58:21

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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	16:24	4:58	14	2:10	55	4:32	3.30	16:24	4:58	55			37	
Schlüsle	3.10	19:00	6:07	28	3:21	108	6:02	6.40	35:24	5:31	55			75	10:34
Hermannsklippe	2.60	17:34	6:45	30	3:43	130	6:03	9.00	52:58	5:53	55			75	16:37
Brocken	3.10	28:30	9:11	29	7:10	137	10:40	12.10	1:21:28	6:43	55			75	27:17
Eiserner Handwe	3.60	16:21	4:32	20	2:21	65	4:19	15.70	1:37:49	6:13	55			75	31:36
Schlüsle	4.10	15:17	3:43	11	1:55	40	3:47	19.80	1:53:06	5:42	55			75	35:23
Loddenke	3.10	12:57	4:10	15	1:42	59	3:07	22.90	2:06:03	5:30	55			75	38:30
Ilseburg/Markt	3.30	14:40	4:26	18	2:28	72	6:08	26.20	2:20:43	5:22	20	22:22		75	42:10