



44. Brockenlauf

Ilseburg / 06.09.2014

0000

Wolter, Jörn

00: LG Wassersuppe

00: 135

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 2:37:00

00: 10.01 km/h

0000: 5:59 min/km

00000/000: 206 (of 492)

00000/0: 187 (of 415)

000000: 1:38:33

00000: 17(of 47)

0000000: 2:12:40

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	18:49	5:42	15	2:55	175	6:57	3.30	18:49	5:42	39		156	
Schlüsle	3.10	19:36	6:19	11	2:08	146	6:38	6.40	38:25	6:00	41		150	13:35
Hermannsklippe	2.60	18:51	7:15	15	3:04	215	7:20	9.00	57:16	6:21	41		191	20:55
Brocken	3.10	30:51	9:57	19	5:44	228	13:01	12.10	1:28:07	7:16	41		191	33:56
Eiserner Handwe	3.60	19:14	5:20	17	4:07	219	7:12	15.70	1:47:21	6:50	41		191	41:08
Schlüsle	4.10	19:26	4:44	20	5:03	262	7:56	19.80	2:06:47	6:24	41		191	49:04
Loddenke	3.10	15:05	4:51	16	2:56	210	5:15	22.90	2:21:52	6:11	41		191	54:19
Ilseburg/Markt	3.30	15:08	4:35	8	1:14	105	6:36	26.20	2:37:00	5:59	17	24:20	194	58:27