



# 44. Brockenlauf

Ilseburg / 06.09.2014

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Holub, Ulrich

□□: SV Kyffhäuser

□□: 232

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:49:27

□□: 9.21 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 319 (of 492)

□□□□□/□: 281 (of 415)

□□□□□□: 1:38:33

□□□□□: 45(of 62)

□□□□□□□: 2:03:47

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:23	5:34	21	3:13	160	6:31	3.30	18:23	5:34	15	-	-	290	
Schlüsie	3.10	21:58	7:05	43	5:36	296	9:00	6.40	40:21	6:18	15	-	-	289	15:31
Hermannsklippe	2.60	20:55	8:02	49	6:34	320	9:24	9.00	1:01:16	6:48	15	-	-	231	24:55
Brocken	3.10	33:17	10:44	50	9:07	309	15:27	12.10	1:34:33	7:48	15	-	-	266	40:22
Eiserner Handwe	3.60	18:22	5:06	28	3:32	175	6:20	15.70	1:52:55	7:11	15	-	-	289	46:42
Schlüsie	4.10	18:59	4:37	33	4:56	237	7:29	19.80	2:11:54	6:39	15	-	-	289	54:11
Loddenke	3.10	17:55	5:46	56	6:06	362	8:05	22.90	2:29:49	6:32	15	-	-	274	1:02:16
Ilseburg/Markt	3.30	19:38	5:56	57	6:58	341	11:06	26.20	2:49:27	6:28	47	45:40	-	292	1:10:54