



44. Brockenlauf Ilseburg / 06.09.2014

0000

Schwenke, Jan

00: Hannover

00: 218

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:52:06

00: 9.13 km/h

0000: 6:34 min/km

00000/000: 341 (of 492)

00000/0: 297 (of 415)

000000: 1:38:33

00000: 27(of 36)

0000000: 1:58:41

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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	22:53	6:56	34	8:33	396	11:01	3.30	22:53	6:56	9	2:35	307	3:17
Schlüsle	3.10	23:05	7:26	33	7:07	342	10:07	6.40	45:58	7:10	9	4:37	306	21:08
Hermannsklippe	2.60	20:26	7:51	27	6:24	301	8:55	9.00	1:06:24	7:22	9	6:04	306	30:03
Brocken	3.10	30:42	9:54	22	9:11	223	12:52	12.10	1:37:06	8:01	9	5:10	306	42:55
Eiserner Handwe	3.60	19:26	5:23	19	4:50	232	7:24	15.70	1:56:32	7:25	9	3:00	306	50:19
Schlüsle	4.10	19:08	4:40	22	5:09	247	7:38	19.80	2:15:40	6:51	9	2:09	306	57:57
Loddenke	3.10	16:32	5:20	28	4:59	303	6:42	22.90	2:32:12	6:38	9	1:46	306	1:04:39
Ilseburg/Markt	3.30	19:54	6:01	30	7:12	346	11:22	26.20	2:52:06	6:34	27	53:25	308	1:13:33