



44. Brockenlauf

Ilseburg / 06.09.2014

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Hülsmann, Jürgen

□□: VfL Wittekind Wildeshausen

□□: 36

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:53:34

□□: 8.99 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 353 (of 492)

□□□□□/□: 305 (of 415)

□□□□□□: 1:38:33

□□□□□: 75(of 98)

□□□□□□□: 1:58:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:24	5:52	57	5:10	229	7:32	3.30	19:24	5:52	10	-	262	-
Schlüsie	3.10	20:46	6:41	56	5:07	221	7:48	6.40	40:10	6:16	48	-	313	15:20
Hermannsklippe	2.60	19:52	7:38	67	6:01	277	8:21	9.00	1:00:02	6:40	48	-	181	23:41
Brocken	3.10	31:15	10:04	58	9:55	245	13:25	12.10	1:31:17	7:32	48	-	313	37:06
Eiserner Handwe	3.60	23:16	6:27	90	9:16	380	11:14	15.70	1:54:33	7:17	48	2:28	313	48:20
Schlüsie	4.10	23:14	5:40	91	9:52	383	11:44	19.80	2:17:47	6:57	48	6:29	313	1:00:04
Loddenke	3.10	17:51	5:45	86	6:36	359	8:01	22.90	2:35:38	6:47	48	8:57	313	1:08:05
Ilseburg/Markt	3.30	17:56	5:26	73	5:44	284	9:24	26.20	2:53:34	6:37	77	55:13	316	1:15:01