



44. Brockenlauf

Ilseburg / 06.09.2014

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Fuchs, Michael

□□□: 2:56:20

□□: 1066

□□: 8.85 km/h

□□□□: 6:44 min/km

□□: 26.20 km

□□□□□/□□□: 375 (of 492)

26,2 km - Lauf

□□□□□/□: 325 (of 415)

□□□□□□: 1:38:33

□□□□:

□□□□□: 31(of 36)

Senioren M30 (30-34 Jahre)

□□□□□□□: 1:53:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:52	6:37	32	7:32	361	10:00	3.30	21:52	6:37	13	1:00	313	2:16	
Schlüsie	3.10	24:11	7:48	34	8:15	374	11:13	6.40	46:03	7:11	13	3:39	333	21:13	
Hermannsklippe	2.60	22:15	8:33	34	8:46	360	10:44	9.00	1:08:18	7:35	13	6:35	333	31:57	
Brocken	3.10	34:44	11:12	31	13:29	342	16:54	12.10	1:43:02	8:30	13	10:27	333	48:51	
Eiserner Handwe	3.60	19:24	5:23	24	6:12	230	7:22	15.70	2:02:26	7:47	13	10:14	333	56:13	
Schlüsie	4.10	18:29	4:30	24	5:47	218	6:59	19.80	2:20:55	7:07	13	9:46	333	1:03:12	
Loddenke	3.10	16:16	5:14	30	5:52	288	6:26	22.90	2:37:11	6:51	13	9:57	333	1:09:38	
Ilseburg/Markt	3.30	19:09	5:48	27	7:44	328	10:37	26.20	2:56:20	6:43	32	1:03:03	336	1:17:47	