



44. Brockenlauf Ilseburg / 06.09.2014

0000

Erdmann, Gerhard

00: Rübeld

00: 318

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 3:02:14

00: 8.56 km/h

0000: 6:58 min/km

00000/000: 396 (of 492)

00000/0: 339 (of 415)

000000: 1:38:33

00000: 32(of 47)

0000000: 2:12:40

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	21:15	6:26	35	5:21	333	9:23	3.30	21:15	6:26	11		348	1:39
Schlüsse	3.10	23:48	7:40	35	6:20	366	10:50	6.40	45:03	7:02	11		347	20:13
Hermannsklippe	2.60	22:08	8:30	34	6:21	356	10:37	9.00	1:07:11	7:27	11		347	30:50
Brocken	3.10	35:08	11:19	34	10:01	350	17:18	12.10	1:42:19	8:27	11		347	48:08
Eiserner Handwe	3.60	21:41	6:01	31	6:34	331	9:39	15.70	2:04:00	7:53	11		347	57:47
Schlüsse	4.10	21:04	5:08	31	6:41	331	9:34	19.80	2:25:04	7:19	11		347	1:07:21
Loddenke	3.10	17:00	5:29	30	4:51	332	7:10	22.90	2:42:04	7:04	11		347	1:14:31
Ilseburg/Markt	3.30	20:10	6:06	36	6:16	353	11:38	26.20	3:02:14	6:57	34	49:34	350	1:23:41