



44. Brockenlauf Ilseburg / 06.09.2014

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Kieselbach, Wolfgang

11: 100 Marathon Club

11: 382

11: 26.20 km

26,2 km - Lauf

1111:

Senioren M60 (60-64 Jahre)

1111: 3:04:18

11: 8.46 km/h

1111: 7:02 min/km

111111/1111: 411 (of 492)

111111/11: 350 (of 415)

1111111: 1:38:33

111111: 19(of 24)

11111111: 2:19:43

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1111	11	11	11	11	11	11	11	1111	1111	1111	11	11	11	11
	km	11	min/km	-	-	11	11	km	11	min/km	-	-	11	11
Loddenke	3.30	21:25	6:29	13	4:59	338	9:33	3.30	21:25	6:29	8		228	1:49
Schlüsle	3.10	23:05	7:26	16	4:45	342	10:07	6.40	44:30	6:57	8	0:18	286	19:40
Hermannsklippe	2.60	21:36	8:18	18	5:06	341	10:05	9.00	1:06:06	7:20	8	1:22	357	29:45
Brocken	3.10	35:55	11:35	19	8:22	363	18:05	12.10	1:42:01	8:25	8	6:44	357	47:50
Eiserner Handwe	3.60	23:18	6:28	21	6:23	381	11:16	15.70	2:05:19	7:58	8	8:36	357	59:06
Schlüsle	4.10	22:16	5:25	21	5:56	372	10:46	19.80	2:27:35	7:27	8	11:02	357	1:09:52
Loddenke	3.10	18:32	5:58	21	5:20	370	8:42	22.90	2:46:07	7:15	8	13:49	357	1:18:34
Ilseburg/Markt	3.30	18:11	5:30	17	9:39	297	9:39	26.20	3:04:18	7:02	19	44:35	361	1:25:45