



# 45. Brockenlauf

Ilseburg / 05.09.2015

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## Walgers, Ariën

□□: Dasseler SC  
 □□: 241

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:16:11

□□: 11.46 km/h

□□□□□/□□□: 81 (of 532)

□□□□□/□: 78 (of 452)

□□□□□□: 1:36:15

□□□□□: 19(of 91)

□□□□□□□: 1:55:12

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□□□□

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:02	10.57	17	2:55	72	5:16	3.30	17:02	10.57	17	2:55	72	5:16
Schlüsie	3.10	18:17	9.85	18	2:31	84	5:22	6.40	35:19	10.19	18	5:26	79	10:38
Hermannsklippe	2.60	15:50	7.58	19	1:59	77	4:35	9.00	51:09	10.56	18	7:25	77	15:13
Brocken	3.10	25:12	7.14	14	4:21	72	8:00	12.10	1:16:21	9.43	18	11:43	73	23:13
Eiserner Handwe	3.60	16:30	10.91	19	3:01	101	4:53	15.70	1:32:51	9.69	19	14:44	76	28:06
Schlüsie	4.10	16:14	14.78	24	3:07	130	4:48	19.80	1:49:05	10.45	19	17:19	79	32:54
Loddenke	3.10	13:10	13.67	22	2:36	105	3:33	22.90	2:02:15	10.80	19	19:18	81	36:27
Ilseburg/Markt	3.30	13:56	12.92	19	1:59	72	3:29	26.20	2:16:11	11.46	19	20:59	78	39:56