



# 45. Brockenlauf

Ilseburg / 05.09.2015

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Lübke, Erik

□□□: 2:46:14

□□: Grubenwehr Bergwerk Ost

□□: 9.46 km/h

□□: 337

□□: 26.20 km

□□□□□/□□□: 343 (of 532)

26,2 km - Lauf

□□□□□/□: 314 (of 452)

□□□□□□: 1:36:15

□□□□:

□□□□□: 11(of 30)

Senioren M60 (60-64 Jahre)

□□□□□□□: 2:20:45

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:34	9.63	11	2:59	315	8:48	3.30	20:34	9.63	11	2:59	315	8:48
Schlüsie	3.10	21:26	8.68	7	2:11	296	8:31	6.40	42:00	9.14	9	4:59	300	17:19
Hermannsklippe	2.60	19:12	8.13	7	2:31	302	7:57	9.00	1:01:12	8.82	7	6:56	306	25:16
Brocken	3.10	30:22	6.13	7	4:26	279	13:10	12.10	1:31:34	7.93	7	11:22	287	38:26
Eiserner Handwe	3.60	21:04	10.25	16	4:13	352	9:27	15.70	1:52:38	8.36	8	15:35	302	47:53
Schlüsie	4.10	20:00	12.30	13	4:26	333	8:34	19.80	2:12:38	8.96	9	19:11	304	56:27
Loddenke	3.10	16:21	11.38	15	3:22	342	6:44	22.90	2:28:59	9.22	11	22:30	313	1:03:11
Ilseburg/Markt	3.30	17:15	11.48	13	2:59	312	6:48	26.20	2:46:14	9.46	11	25:29	314	1:09:59