



45. Brockenlauf

Ilseburg / 05.09.2015

□□□□

Müller, Lutz

□□: Grün Weiss Wimmelburg
 □□: 348

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:49:20

□□: 9.21 km/h

□□□□□/□□□: 375 (of 532)

□□□□□/□: 341 (of 452)

□□□□□□: 1:36:15

□□□□□: 68(of 91)

□□□□□□□: 1:55:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:34	9.20	48	5:27	235	7:48	3.30	19:34	9.20	48	5:27	235	7:48
Schlüsie	3.10	21:56	8.21	66	6:10	321	9:01	6.40	41:30	8.67	59	11:37	287	16:49
Hermannsklippe	2.60	19:21	6.20	66	5:30	312	8:06	9.00	1:00:51	8.87	60	17:07	300	24:55
Brocken	3.10	32:50	5.48	73	11:59	356	15:38	12.10	1:33:41	7.69	63	29:03	328	40:33
Eiserner Handwe	3.60	21:08	8.52	75	7:39	356	9:31	15.70	1:54:49	7.84	65	36:42	333	50:04
Schlüsie	4.10	21:41	11.07	79	8:34	387	10:15	19.80	2:16:30	8.35	71	44:44	350	1:00:19
Loddenke	3.10	16:00	11.25	60	5:26	323	6:23	22.90	2:32:30	8.66	69	49:33	345	1:06:42
Ilseburg/Markt	3.30	16:50	10.69	57	4:53	290	6:23	26.20	2:49:20	9.21	68	54:08	341	1:13:05