



45. Brockenlauf

Ilseburg / 05.09.2015

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Freund, Hans-Joachim

□□□: 3:35:38

□□: Weinheim

□□: 7.23 km/h

□□: 178

□□: 26.20 km

□□□□□/□□□: 520 (of 532)

26,2 km - Lauf

□□□□□/□: 444 (of 452)

□□□□□□: 1:36:15

□□□□:

□□□□□: 39(of 39)

Senioren M30 (30-34 Jahre)

□□□□□□□: 1:51:38

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:15 | 7.74 | 38 | 9:32 | 429 | 11:29 | 3.30 | 23:15 | 7.74 | 38 | 9:32 | 429 | 11:29 |
| Schlüsie | 3.10 | 26:50 | 6.71 | 39 | 11:34 | 437 | 13:55 | 6.40 | 50:05 | 7.19 | 39 | 21:03 | 438 | 25:24 |
| Hermannsklippe | 2.60 | 26:13 | 4.58 | 39 | 13:07 | 443 | 14:58 | 9.00 | 1:16:18 | 7.08 | 39 | 34:10 | 444 | 40:22 |
| Brocken | 3.10 | 39:20 | 4.58 | 39 | 19:12 | 444 | 22:08 | 12.10 | 1:55:38 | 6.23 | 39 | 53:13 | 446 | 1:02:30 |
| Eiserner Handwe | 3.60 | 25:34 | 7.04 | 38 | 12:42 | 438 | 13:57 | 15.70 | 2:21:12 | 6.37 | 39 | 1:05:55 | 442 | 1:16:27 |
| Schlüsie | 4.10 | 26:36 | 9.02 | 39 | 13:39 | 445 | 15:10 | 19.80 | 2:47:48 | 6.79 | 39 | 1:19:34 | 445 | 1:31:37 |
| Loddenke | 3.10 | 22:44 | 7.92 | 39 | 11:37 | 445 | 13:07 | 22.90 | 3:10:32 | 6.93 | 39 | 1:31:11 | 444 | 1:44:44 |
| Ilseburg/Markt | 3.30 | 25:06 | 7.17 | 39 | 12:49 | 444 | 14:39 | 26.20 | 3:35:38 | 7.23 | 39 | 1:44:00 | 444 | 1:59:23 |