



47. Brockenlauf Ilseburg / 02.09.2017

0000

TITOV, Fedor

00: Hamburg

00: 273

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 2:22:17

00: 11.05 km/h

0000: 5:26 min/km

00000/000: 119 (of 500)

00000/0: 114 (of 423)

000000: 1:35:36

00000: 19(of 45)

0000000: 1:55:09

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	18:21	5:33	24	4:26	174	6:22	3.30	18:21	5:33	24	4:26	174	6:22	
Schlüsle	3.10	19:15	6:12	22	3:58	140	6:30	6.40	37:36	5:52	23	8:23	154	12:52	
Hermannsklippe	2.60	16:42	6:25	21	3:19	119	5:31	9.00	54:18	6:01	23	11:37	139	18:23	
Brocken	3.10	26:03	8:24	14	5:07	89	8:39	12.10	1:20:21	6:38	19	16:34	114	27:02	
Eiserner Handwe	3.60	17:37	4:53	21	3:57	150	5:57	15.70	1:37:58	6:14	20	20:31	120	32:59	
Schlüsle	4.10	15:50	3:51	16	2:18	85	4:49	19.80	1:53:48	5:44	19	22:46	117	37:48	
Loddenke	3.10	13:27	4:20	19	2:32	127	4:11	22.90	2:07:15	5:33	19	24:32	115	41:59	
Ilseburg/Markt	3.30	15:02	4:33	16	3:08	135	4:42	26.20	2:22:17	5:25	19	27:08	115	46:41	