



# 47. Brockenlauf

Ilseburg / 02.09.2017

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## STERNBERG, Ulf

□□: HGL Wernigerode

□□: 28

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:42:10

□□: 9.69 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 284 (of 500)

□□□□□/□: 261 (of 423)

□□□□□□: 1:35:36

□□□□□: 18(of 45)

□□□□□□□: 2:07:45

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:35	6:14	26	4:24	301	8:36	3.30	20:35	6:14	26	4:24	301	8:36	
Schlüsie	3.10	21:00	6:46	20	3:39	249	8:15	6.40	41:35	6:29	23	8:03	278	16:51	
Hermannsklippe	2.60	18:42	7:11	18	3:21	236	7:31	9.00	1:00:17	6:41	19	11:24	262	24:22	
Brocken	3.10	29:43	9:35	16	4:49	215	12:19	12.10	1:30:00	7:26	17	15:44	249	36:41	
Eiserner Handwe	3.60	19:25	5:23	15	4:55	242	7:45	15.70	1:49:25	6:58	17	20:39	248	44:26	
Schlüsie	4.10	19:24	4:43	18	5:19	272	8:23	19.80	2:08:49	6:30	17	25:58	257	52:49	
Loddenke	3.10	15:45	5:04	27	3:57	294	6:29	22.90	2:24:34	6:18	17	29:55	260	59:18	
Ilseburg/Markt	3.30	17:36	5:20	26	4:30	301	7:16	26.20	2:42:10	6:11	18	34:25	263	1:06:34	