



47. Brockenlauf
Ilseburg / 02.09.2017

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ANTON, Steffen

□□: Duisburg

□□: 95

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 2:46:14

□□: 9.38 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 315 (of 500)

□□□□□/□: 289 (of 423)

□□□□□□: 1:35:36

□□□□□: 28(of 35)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:19	6:09	31	8:20	281	8:20	3.30	20:19	6:09	31	8:20	281	8:20
Schlüsie	3.10	20:39	6:39	23	7:54	230	7:54	6.40	40:58	6:24	26	16:14	259	16:14
Hermannsklippe	2.60	19:10	7:22	29	7:59	270	7:59	9.00	1:00:08	6:40	27	24:13	258	24:13
Brocken	3.10	33:53	10:55	32	16:29	346	16:29	12.10	1:34:01	7:46	29	40:42	303	40:42
Eiserner Handwe	3.60	21:04	5:51	29	9:24	311	9:24	15.70	1:55:05	7:19	30	50:06	306	50:06
Schlüsie	4.10	19:40	4:47	28	8:39	284	8:39	19.80	2:14:45	6:48	31	58:45	303	58:45
Loddenke	3.10	14:52	4:47	23	5:36	238	5:36	22.90	2:29:37	6:32	30	1:04:21	302	1:04:21
Ilseburg/Markt	3.30	16:37	5:02	23	6:17	250	6:17	26.20	2:46:14	6:20	28	1:10:38	291	1:10:38