



48. Brockenlauf

Ilseburg / 01.09.2018

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Kröber, Frank

□□: LG Fastflitzer Osterwald
 □□: 490

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:52:52

□□: 9.09 km/h
 □□□□: 6:36 min/km

□□□□□/□□□: 343 (of 506)

□□□□□/□: 302 (of 416)

□□□□□□: 1:44:43

□□□□□: 43(of 52)

□□□□□□□: 2:08:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:25	6:11	41	4:02	277	6:59	3.30	20:25	6:11	41	4:02	277	6:59
Bremer Hütte	2.40	17:46	7:24	41	3:52	288	6:40	5.70	38:11	6:41	42	7:47	286	13:39
Hermannsklippe	3.30	23:37	7:09	38	5:09	270	8:45	9.00	1:01:48	6:51	41	12:56	280	22:23
Brocken	3.10	36:09	11:39	45	13:46	366	17:48	12.10	1:37:57	8:05	44	25:01	316	40:11
Eiserner Handwe	3.60	22:25	6:13	46	8:12	329	9:53	15.70	2:00:22	7:40	44	31:53	317	50:04
Bremer Hütte	4.10	24:58	6:05	44	7:41	325	10:04	19.80	2:25:20	7:20	44	39:32	319	59:51
Loddenke	3.10	11:26	3:41	19	2:29	173	3:28	22.90	2:36:46	6:50	43	41:49	307	1:03:19
Ilseburg/Markt	3.30	16:06	4:52	20	3:08	180	4:50	26.20	2:52:52	6:35	43	44:43	302	1:08:09