



51. Brockenlauf

Ilseburg / 03.09.2022

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Laube, Frank- Peter

11: Barsinghausen

11: 242

11: 26.20 km

26,2 km - Lauf

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Senioren M55 (55-59 Jahre)

1111: 3:12:51

11: 8.09 km/h

1111: 7:22 min/km

111111/1111: 357 (of 418)

111111/1: 297 (of 336)

1111111: 1:39:59

111111: 46(of 54)

11111111: 2:10:09

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1111	11	11	11	11	11	11	11	1111	1111	1111	11	11	11	11
	km	11	min/km	-	-	1	1	km	11	min/km	-	-	1	1
Loddenke	3.30	22:30	6:49	49	5:46	301	10:30	3.30	22:30	6:49	49	5:46	301	10:30
Schlüsse	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	48:20	18:35	54	32:40	336	36:32	9.00	1:10:50	7:52	48	20:42	310	33:35
Brocken	3.10	37:49	12:11	48	13:58	308	19:39	12.10	1:48:39	8:58	47	34:40	308	53:14
Eiserner Handwe	3.60	21:39	6:00	36	6:28	251	9:37	15.70	2:10:18	8:17	47	41:08	303	1:02:51
Schlüsse	4.10	22:28	5:28	45	7:23	292	10:56	19.80	2:32:46	7:42	47	48:31	304	1:13:47
Loddenke	3.10	18:29	5:57	37	5:57	221	8:31	22.90	2:51:15	7:28	41	54:28	237	1:22:18
Ilseburg/Markt	3.30	21:36	6:32	38	8:14	235	10:34	26.20	3:12:51	7:21	46	1:02:42	297	1:32:52