



50. Brockenlauf

Ilseburg / 04.09.2021

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Thater, Ralf

□□: LSF Oldenburg

□□: 459

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:12:27

□□: 8.17 km/h

□□□□: 7:21 min/km

□□□□□/□□□: 408 (of 467)

□□□□□/□: 347 (of 387)

□□□□□□: 1:40:22

□□□□□: 25 (of 28)

□□□□□□□: 2:08:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:37	6:33	18	5:16	316	9:06	3.30	21:37	6:33	18	5:16	316	9:06
Schlüsie	3.10	24:21	7:51	22	6:50	337	11:17	6.40	45:58	7:10	21	12:06	336	20:22
Hermannsklippe	2.60	21:36	8:18	19	6:27	322	10:15	9.00	1:07:34	7:30	20	18:33	336	30:37
Brocken	3.10	36:46	11:51	22	12:59	337	18:59	12.10	1:44:20	8:37	22	31:32	336	49:36
Eiserner Handwe	3.60	23:50	6:37	23	8:00	347	11:30	15.70	2:08:10	8:09	24	39:32	336	1:01:05
Schlüsie	4.10	25:13	6:09	26	10:19	368	13:37	19.80	2:33:23	7:44	25	49:51	347	1:14:18
Loddenke	3.10	19:29	6:17	24	7:24	348	9:34	22.90	2:52:52	7:32	25	57:15	343	1:23:41
Ilseburg/Markt	3.30	19:35	5:56	23	6:39	327	8:47	26.20	3:12:27	7:20	25	1:03:54	347	1:32:05