



49. Brockenlauf

Ilseburg / 07.09.2019

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Meißner, Frank-Ingo

□□: Bastorf

□□: 333

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:34:58

□□: 7.31 km/h

□□□□: 8:12 min/km

□□□□□/□□□: 552 (of 581)

□□□□□/□: 459 (of 475)

□□□□□□: 1:39:32

□□□□□: 74(of 77)

□□□□□□□: 1:59:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:43	6:34	62	7:47	390	8:39	3.30	21:43	6:34	62	7:47	390	8:39	
Schlüsie	3.10	25:17	8:09	65	9:49	431	11:39	6.40	47:00	7:20	64	17:36	415	20:17	
Hermannsklippe	2.60	22:30	8:39	65	8:59	430	11:06	9.00	1:09:30	7:43	65	26:26	424	31:23	
Brocken	3.10	36:58	11:55	65	15:30	424	18:55	12.10	1:46:28	8:47	65	41:56	429	50:18	
Eiserner Handwe	3.60	27:12	7:33	75	12:47	460	15:20	15.70	2:13:40	8:30	66	53:58	434	1:05:38	
Schlüsie	4.10	29:08	7:06	76	15:01	467	17:34	19.80	2:42:48	8:13	70	1:08:24	449	1:23:12	
Loddenke	3.10	24:42	7:58	76	13:02	469	15:23	22.90	3:07:30	8:11	71	1:21:13	455	1:38:35	
Ilseburg/Markt	3.30	27:28	8:19	77	14:26	468	16:51	26.20	3:34:58	8:12	74	1:35:32	459	1:55:26	