



49. Brockenlauf

Ilseburg / 07.09.2019

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Hoffmann, Andreas

□□: Allianz Hauptvertretung Daniel Held
 □□: 211

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:16:06

□□: 11.55 km/h
 □□□□: 5:11 min/km

□□□□□/□□□: 84 (of 581)

□□□□□/□: 81 (of 475)

□□□□□□: 1:39:32

□□□□□: 18(of 67)

□□□□□□□: 1:39:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:30	4:41	7	2:25	35	2:26	3.30	15:30	4:41	7	2:25	35	2:26
Schlüsie	3.10	17:47	5:44	14	4:09	71	4:09	6.40	33:17	5:12	9	6:34	48	6:34
Hermannsklippe	2.60	15:54	6:06	21	4:30	98	4:30	9.00	49:11	5:27	12	11:04	61	11:04
Brocken	3.10	26:56	8:41	22	8:53	113	8:53	12.10	1:16:07	6:17	15	19:57	75	19:57
Eiserner Handwe	3.60	17:02	4:43	22	5:10	113	5:10	15.70	1:33:09	5:55	18	25:07	81	25:07
Schlüsie	4.10	15:54	3:52	17	4:20	85	4:20	19.80	1:49:03	5:30	17	29:27	82	29:27
Loddenke	3.10	12:35	4:03	14	3:16	63	3:16	22.90	2:01:38	5:18	16	32:43	79	32:43
Ilseburg/Markt	3.30	14:28	4:23	20	3:51	97	3:51	26.20	2:16:06	5:11	18	36:34	81	36:34