



49. Brockenlauf

Ilseburg / 07.09.2019

0000

Bläsi, Wolfgang

00: Ekosem-Agrar

00: 66

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 2:41:54

00: 9.71 km/h

0000: 6:11 min/km

00000/000: 297 (of 581)

00000/0: 280 (of 475)

000000: 1:39:32

00000: 49(of 77)

0000000: 1:59:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	20:32	6:13	53	6:36	312	7:28	3.30	20:32	6:13	53	6:36	312	7:28
Schlüsie	3.10	20:58	6:45	44	5:30	271	7:20	6.40	41:30	6:29	50	12:06	286	14:47
Hermannsklippe	2.60	18:20	7:03	42	4:49	264	6:56	9.00	59:50	6:38	48	16:46	287	21:43
Brocken	3.10	29:56	9:39	35	8:28	229	11:53	12.10	1:29:46	7:25	44	25:14	271	33:36
Eiserner Handwe	3.60	19:02	5:17	39	4:37	238	7:10	15.70	1:48:48	6:55	42	29:06	263	40:46
Schlüsie	4.10	19:23	4:43	47	5:16	291	7:49	19.80	2:08:11	6:28	44	33:47	269	48:35
Loddenke	3.10	15:59	5:09	55	4:19	330	6:40	22.90	2:24:10	6:17	44	37:53	275	55:15
Ilseburg/Markt	3.30	17:44	5:22	58	4:42	322	7:07	26.20	2:41:54	6:10	49	42:28	280	1:02:22