



49. Brockenlauf

Ilseburg / 07.09.2019

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Thater, Ralf

□□: LSF Oldenburg

□□: 513

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:49:57

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 359 (of 581)

□□□□□/□: 327 (of 475)

□□□□□□: 1:39:32

□□□□□: 41(of 59)

□□□□□□□: 2:07:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:17	6:08	36	4:25	296	7:13	3.30	20:17	6:08	36	4:25	296	7:13
Schlüsie	3.10	21:51	7:02	38	5:14	333	8:13	6.40	42:08	6:34	36	9:39	317	15:25
Hermannsklippe	2.60	19:25	7:28	40	4:51	327	8:01	9.00	1:01:33	6:50	38	14:30	324	23:26
Brocken	3.10	33:40	10:51	44	9:13	352	15:37	12.10	1:35:13	7:52	42	23:43	337	39:03
Eiserner Handwe	3.60	21:42	6:01	41	6:49	359	9:50	15.70	1:56:55	7:26	41	30:32	343	48:53
Schlüsie	4.10	21:16	5:11	45	6:29	380	9:42	19.80	2:18:11	6:58	43	36:46	346	58:35
Loddenke	3.10	15:55	5:08	40	3:43	327	6:36	22.90	2:34:06	6:43	43	40:26	345	1:05:11
Ilseburg/Markt	3.30	15:51	4:48	21	2:03	214	5:14	26.20	2:49:57	6:29	41	42:28	327	1:10:25