



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Kuse, Oliver

□□: TuS Xanten
 □□: 293

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:56:43

□□: 8.90 km/h
 □□□□: 6:44 min/km

□□□□□/□□□: 407 (of 581)

□□□□□/□: 367 (of 475)

□□□□□□: 1:39:32

□□□□□: 54(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:24	6:29	57	7:33	370	8:20	3.30	21:24	6:29	57	7:33	370	8:20
Schlüsie	3.10	22:55	7:23	56	8:02	373	9:17	6.40	44:19	6:55	58	15:31	379	17:36
Hermannsklippe	2.60	20:32	7:53	53	7:49	368	9:08	9.00	1:04:51	7:12	57	23:20	383	26:44
Brocken	3.10	33:24	10:46	48	12:17	339	15:21	12.10	1:38:15	8:07	55	35:37	372	42:05
Eiserner Handwe	3.60	20:50	5:47	50	7:36	328	8:58	15.70	1:59:05	7:35	54	43:12	357	51:03
Schlüsie	4.10	21:41	5:17	55	8:44	392	10:07	19.80	2:20:46	7:06	53	51:52	363	1:01:10
Loddenke	3.10	16:13	5:13	48	5:36	345	6:54	22.90	2:36:59	6:51	53	57:28	362	1:08:04
Ilseburg/Markt	3.30	19:44	5:58	60	7:49	401	9:07	26.20	2:56:43	6:44	54	1:05:17	367	1:17:11