



49. Brockenlauf Ilseburg / 07.09.2019

0000

Vogt, Hartmut

00: T u S Neudorf-Platendorf
00: 528

00: 26.20 km
26,2 km - Lauf

0000:
Senioren M75 (75 und älter)

000: 2:59:27

00: 8.76 km/h
0000: 6:51 min/km

00000/000: 430 (of 581)

00000/0: 384 (of 475)

000000: 1:39:32

00000: 1(of 3)

0000000: 2:59:27

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	21:25	6:29	1	-	374	8:21	3.30	21:25	6:29	1	-	374	8:21
Schlüsie	3.10	23:27	7:33	1	-	398	9:49	6.40	44:52	7:00	1	-	390	18:09
Hermannsklippe	2.60	20:55	8:02	1	-	387	9:31	9.00	1:05:47	7:18	1	-	395	27:40
Brocken	3.10	35:49	11:33	1	-	405	17:46	12.10	1:41:36	8:23	1	-	402	45:26
Eiserner Handwe	3.60	20:49	5:46	1	-	326	8:57	15.70	2:02:25	7:47	1	-	383	54:23
Schlüsie	4.10	20:21	4:57	2	0:11	333	8:47	19.80	2:22:46	7:12	1	-	375	1:03:10
Loddenke	3.10	17:05	5:30	2	1:40	382	7:46	22.90	2:39:51	6:58	1	-	379	1:10:56
Ilseburg/Markt	3.30	19:36	5:56	2	1:04	395	8:59	26.20	2:59:27	6:50	1	-	384	1:19:55