



49. Brockenlauf

Ilseburg / 07.09.2019

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Voss, Gerald

□□: TV Rennerod Run for Fun
 □□: 533

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:11:14

□□: 8.22 km/h
 □□□□: 7:18 min/km

□□□□□/□□□: 492 (of 581)

□□□□□/□: 425 (of 475)

□□□□□□: 1:39:32

□□□□□: 64(of 77)

□□□□□□□: 1:59:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:01	6:40	64	8:05	402	8:57	3.30	22:01	6:40	64	8:05	402	8:57
Schlüsie	3.10	24:03	7:45	62	8:35	414	10:25	6.40	46:04	7:11	61	16:40	403	19:21
Hermannsklippe	2.60	22:23	8:36	64	8:52	427	10:59	9.00	1:08:27	7:36	63	25:23	419	30:20
Brocken	3.10	36:45	11:51	63	15:17	420	18:42	12.10	1:45:12	8:41	63	40:40	420	49:02
Eiserner Handwe	3.60	21:29	5:58	57	7:04	350	9:37	15.70	2:06:41	8:04	62	46:59	410	58:39
Schlüsie	4.10	22:10	5:24	63	8:03	400	10:36	19.80	2:28:51	7:31	64	54:27	417	1:09:15
Loddenke	3.10	19:51	6:24	70	8:11	445	10:32	22.90	2:48:42	7:22	64	1:02:25	422	1:19:47
Ilseburg/Markt	3.30	22:32	6:49	71	9:30	444	11:55	26.20	3:11:14	7:17	64	1:11:48	425	1:31:42