50. Brockenlauf
Ilsenburg / 04.09.2021

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Siegl, Olaf

🟥🟥: Brockenlaufverein
🟥🟥: 763

🟥🟥: 9.60 km
9,6 km - Lauf

🟥🟥🟥🟥:
Senioren M50 (50-54 Jahre)

🟥🟥🟥: 1:08:17
🟥🟥: 7.91 km/h
🟥🟥🟥🟥: 7:07 min/km

🟥🟥🟥🟥🟥/🟥🟥🟥: 130 (of 148)
🟥🟥🟥🟥🟥/🟥: 86 (of 94)
🟥🟥🟥🟥🟥🟥: 35:15
🟥🟥🟥🟥🟥: 11(of 11)
🟥🟥🟥🟥🟥🟥🟥: 41:08

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	km	🟥🟥	min/km	-	-	🟥	🟥	km	🟥🟥	min/km	-	-	🟥	🟥
Ilsestein	4.10	33:49	8:14	11	12:58	85	16:19	4.10	33:49	8:14	12	12:58	95	16:19
Loddenke	2.20	13:38	6:11	11	5:48	84	6:39	6.30	47:27	7:31	12	18:27	94	22:58
Ilsenburg/Markt	3.30	20:50	6:18	11	8:45	88	10:04	9.60	1:08:17	7:06	11	27:09	86	33:02