



50. Brockenlauf

Ilseburg / 04.09.2021

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Wiessner, Enrico

□□: FH Runners Berlin
 □□: 494

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 1:51:54

□□: 13.94 km/h
 □□□□: 4:16 min/km

□□□□□/□□□: 8 (of 467)

□□□□□/□: 8 (of 387)

□□□□□□: 1:40:22

□□□□□: 2(of 36)

□□□□□□□: 1:50:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 13:38 | 4:07 | 2 | 0:24 | 5 | 1:07 | 3.30 | 13:38 | 4:07 | 37 | 0:24 | 388 | 1:07 |
| Schlüsie | 3.10 | 15:00 | 4:50 | 1 | - | 7 | 1:56 | 6.40 | 28:38 | 4:28 | 37 | 0:11 | 388 | 3:02 |
| Hermannsklippe | 2.60 | 13:22 | 5:08 | 1 | - | 8 | 2:01 | 9.00 | 42:00 | 4:40 | 37 | 0:11 | 388 | 5:03 |
| Brocken | 3.10 | 21:09 | 6:49 | 3 | 0:23 | 11 | 3:22 | 12.10 | 1:03:09 | 5:13 | 1 | - | 388 | 8:25 |
| Eiserner Handwe | 3.60 | 13:47 | 3:49 | 2 | 1:02 | 11 | 1:27 | 15.70 | 1:16:56 | 4:54 | 37 | 0:37 | 388 | 9:51 |
| Schlüsie | 4.10 | 12:58 | 3:09 | 2 | 0:28 | 7 | 1:22 | 19.80 | 1:29:54 | 4:32 | 37 | 1:05 | 206 | 10:49 |
| Loddenke | 3.10 | 10:34 | 3:24 | 2 | 0:08 | 6 | 0:39 | 22.90 | 1:40:28 | 4:23 | 37 | 1:13 | 384 | 11:17 |
| Ilseburg/Markt | 3.30 | 11:26 | 3:27 | 1 | - | 5 | 0:38 | 26.20 | 1:51:54 | 4:16 | 2 | 1:12 | 8 | 11:32 |