



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Wernicke, Nico

□□: OSC Potsdam Wasserball
 □□: 489

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:58:20

□□: 8.75 km/h
 □□□□: 6:49 min/km

□□□□□/□□□: 342 (of 467)

□□□□□/□: 302 (of 387)

□□□□□□: 1:40:22

□□□□□: 50(of 59)

□□□□□□□: 1:47:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:28	6:48	55	8:48	348	9:57	3.30	22:28	6:48	60	8:48	388	9:57
Schlüsie	3.10	24:11	7:48	54	9:39	334	11:07	6.40	46:39	7:17	60	18:27	388	21:03
Hermannsklippe	2.60	20:45	7:58	50	8:05	299	9:24	9.00	1:07:24	7:29	60	26:32	388	30:27
Brocken	3.10	35:13	11:21	52	15:20	316	17:26	12.10	1:42:37	8:28	60	41:41	388	47:53
Eiserner Handwe	3.60	20:58	5:49	46	8:10	269	8:38	15.70	2:03:35	7:52	60	49:51	388	56:30
Schlüsie	4.10	19:57	4:51	47	7:49	257	8:21	19.80	2:23:32	7:14	60	57:40	388	1:04:27
Loddenke	3.10	16:24	5:17	50	6:16	267	6:29	22.90	2:39:56	6:59	60	1:03:56	384	1:10:45
Ilseburg/Markt	3.30	18:24	5:34	46	7:15	286	7:36	26.20	2:58:20	6:48	50	1:11:11	302	1:17:58