



50. Brockenlauf

Ilseburg / 04.09.2021

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Puth, Georg

□□: No Meat Athlete
 □□: 345

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:44:15

□□: 9.50 km/h
 □□□□: 6:16 min/km

□□□□□/□□□: 259 (of 467)

□□□□□/□: 233 (of 387)

□□□□□□: 1:40:22

□□□□□: 43(of 59)

□□□□□□□: 1:47:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:49	6:00	40	6:09	226	7:18	3.30	19:49	6:00	60	6:09	388	7:18
Schlüsie	3.10	21:52	7:03	43	7:20	247	8:48	6.40	41:41	6:30	60	13:29	388	16:05
Hermannsklippe	2.60	18:53	7:15	42	6:13	226	7:32	9.00	1:00:34	6:43	60	19:42	388	23:37
Brocken	3.10	30:08	9:43	34	10:15	185	12:21	12.10	1:30:42	7:29	60	29:46	388	35:58
Eiserner Handwe	3.60	20:43	5:45	45	7:55	259	8:23	15.70	1:51:25	7:05	60	37:41	388	44:20
Schlüsie	4.10	19:02	4:38	40	6:54	226	7:26	19.80	2:10:27	6:35	60	44:35	388	51:22
Loddenke	3.10	16:18	5:15	49	6:10	261	6:23	22.90	2:26:45	6:24	60	50:45	384	57:34
Ilseburg/Markt	3.30	17:30	5:18	39	6:21	243	6:42	26.20	2:44:15	6:16	43	57:06	233	1:03:53