



50. Brockenlauf Ilseburg / 04.09.2021

0000

Dallmann, Stefan

00: DFS Crew

00: 90

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 2:57:05

00: 8.81 km/h

0000: 6:46 min/km

00000/000: 332 (of 467)

00000/0: 294 (of 387)

000000: 1:40:22

00000: 48(of 59)

0000000: 1:47:09

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	19:55	6:02	41	6:15	234	7:24	3.30	19:55	6:02	60	6:15	388	7:24
Schlüsie	3.10	24:04	7:45	53	9:32	329	11:00	6.40	43:59	6:52	60	15:47	388	18:23
Hermannsklippe	2.60	22:13	8:32	57	9:33	345	10:52	9.00	1:06:12	7:21	60	25:20	388	29:15
Brocken	3.10	40:00	12:54	59	20:07	376	22:13	12.10	1:46:12	8:46	60	45:16	388	51:28
Eiserner Handwe	3.60	18:30	5:08	28	5:42	157	6:10	15.70	2:04:42	7:56	60	50:58	388	57:37
Schlüsie	4.10	19:32	4:45	44	7:24	243	7:56	19.80	2:24:14	7:17	60	58:22	388	1:05:09
Loddenke	3.10	15:59	5:09	44	5:51	250	6:04	22.90	2:40:13	6:59	60	1:04:13	384	1:11:02
Ilseburg/Markt	3.30	16:52	5:06	36	5:43	213	6:04	26.20	2:57:05	6:45	48	1:09:56	294	1:16:43