



50. Brockenlauf Ilseburg / 04.09.2021

0000

Sowada, Peter

00: Schneller geht's nicht

00: 435

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M60 (60-64 Jahre)

000: 3:06:31

00: 8.36 km/h

0000: 7:07 min/km

00000/000: 380 (of 467)

00000/0: 327 (of 387)

000000: 1:40:22

00000: 21(of 28)

0000000: 2:08:33

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	22:16	6:44	24	5:55	344	9:45	3.30	22:16	6:44	29	5:55	388	9:45
Schlüsle	3.10	24:18	7:50	21	6:47	336	11:14	6.40	46:34	7:16	29	12:42	388	20:58
Hermannsklippe	2.60	22:11	8:31	23	7:02	344	10:50	9.00	1:08:45	7:38	29	19:44	388	31:48
Brocken	3.10	35:09	11:20	18	11:22	315	17:22	12.10	1:43:54	8:35	29	31:06	388	49:10
Eiserner Handwe	3.60	20:30	5:41	14	4:40	251	8:10	15.70	2:04:24	7:55	29	35:46	388	57:19
Schlüsle	4.10	19:48	4:49	12	4:54	252	8:12	19.80	2:24:12	7:16	29	40:40	388	1:05:07
Loddenke	3.10	21:36	6:58	27	9:31	372	11:41	22.90	2:45:48	7:14	29	50:11	384	1:16:37
Ilseburg/Markt	3.30	20:43	6:16	25	7:47	353	9:55	26.20	3:06:31	7:07	21	57:58	327	1:26:09