



52. Brockenlauf

Ilseburg / 02.09.2023

0000

Wernicke, Raik

00: Mörfelden-Walldorf

00: 20

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 3:16:11

00: 7.95 km/h

0000: 7:29 min/km

00000/000: 471 (of 537)

00000/0: 396 (of 440)

000000: 1:41:44

00000: 53(of 61)

0000000: 2:00:25

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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	22:28	6:48	52	7:57	385	10:16	3.30	22:28	6:48	52	7:57	385	10:16
Schlüsse	3.10	25:53	8:20	56	9:44	409	12:29	6.40	48:21	7:33	54	17:20	406	22:45
Hermannsklippe	2.60	23:26	9:00	53	9:20	399	11:32	9.00	1:11:47	7:58	53	26:40	403	34:17
Brocken	3.10	37:07	11:58	52	14:37	392	18:54	12.10	1:48:54	9:00	52	40:51	396	53:11
Eiserner Handwe	3.60	23:10	6:26	50	9:11	370	10:34	15.70	2:12:04	8:24	53	49:46	395	1:03:45
Schlüsse	4.10	23:16	5:40	55	9:44	395	11:19	19.80	2:35:20	7:50	53	59:29	395	1:15:04
Loddenke	3.10	19:34	6:18	56	8:17	403	9:30	22.90	2:54:54	7:38	52	1:07:33	393	1:24:34
Ilseburg/Markt	3.30	21:17	6:26	53	8:20	392	9:53	26.20	3:16:11	7:29	53	1:15:46	396	1:34:27