



49. Brockenlauf

Ilseburg / 07.09.2019

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Spannaus, Hans-Ullrich

□□: Halle
□□: 487

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M60 (60-64 Jahre)

□□□: 3:43:18

□□: 7.04 km/h
□□□□: 8:31 min/km

□□□□□/□□□: 566 (of 581)

□□□□□/□: 466 (of 475)

□□□□□□: 1:39:32

□□□□□: 38(of 40)

□□□□□□□: 2:17:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	26:19	7:58	39	9:30	468	13:15	3.30	26:19	7:58	39	9:30	468	13:15
Schlüsie	3.10	28:21	9:08	39	9:52	462	14:43	6.40	54:40	8:32	39	18:41	461	27:57
Hermannsklippe	2.60	25:07	9:39	37	9:33	455	13:43	9.00	1:19:47	8:51	39	27:59	467	41:40
Brocken	3.10	40:40	13:07	37	15:27	457	22:37	12.10	2:00:27	9:57	39	43:26	465	1:04:17
Eiserner Handwe	3.60	28:08	7:48	38	12:32	464	16:16	15.70	2:28:35	9:27	39	54:18	467	1:20:33
Schlüsie	4.10	29:10	7:06	38	14:06	468	17:36	19.80	2:57:45	8:58	39	1:07:43	468	1:38:09
Loddenke	3.10	20:04	6:28	37	7:18	447	10:45	22.90	3:17:49	8:38	38	1:15:01	467	1:48:54
Ilseburg/Markt	3.30	25:29	7:43	38	11:06	462	14:52	26.20	3:43:18	8:31	38	1:25:59	466	2:03:46