



49. Brockenlauf Ilseburg / 07.09.2019

0000

Weber, Hartwig

00: Hamburg

00: 548

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M70 (70-74 Jahre)

000: 3:58:57

00: 6.58 km/h

0000: 9:07 min/km

00000/000: 576 (of 581)

00000/0: 472 (of 475)

000000: 1:39:32

00000: 4(of 4)

0000000: 3:01:30

0000

0000

000

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	27:38	8:22	4	6:16	472	14:34	3.30	27:38	8:22	4	6:16	472	14:34
Schlüsse	3.10	28:36	9:13	4	5:51	464	14:58	6.40	56:14	8:47	4	12:07	468	29:31
Hermannsklippe	2.60	25:46	9:54	4	4:52	461	14:22	9.00	1:22:00	9:06	4	16:59	472	43:53
Brocken	3.10	40:28	13:03	4	5:48	455	22:25	12.10	2:02:28	10:07	4	18:51	469	1:06:18
Eiserner Handwe	3.60	31:16	8:41	4	9:47	469	19:24	15.70	2:33:44	9:47	4	28:38	470	1:25:42
Schlüsse	4.10	34:33	8:25	4	13:40	473	22:59	19.80	3:08:17	9:30	4	42:18	473	1:48:41
Loddenke	3.10	23:09	7:28	4	6:37	465	13:50	22.90	3:31:26	9:13	4	48:55	471	2:02:31
Ilseburg/Markt	3.30	27:31	8:20	4	8:32	469	16:54	26.20	3:58:57	9:07	4	57:27	472	2:19:25