



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Stagge, Fabian

□□: NSV Wernigerode

□□: 491

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 1:49:08

□□: 14.40 km/h

□□□□: 4:10 min/km

□□□□□/□□□: 4 (of 581)

□□□□□/□: 4 (of 475)

□□□□□□: 1:39:32

□□□□□: 3(of 47)

□□□□□□□: 1:47:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 13:17 | 4:01 | 3 | 0:13 | 5 | 0:13 | 3.30 | 13:17 | 4:01 | 3 | 0:13 | 5 | 0:13 | |
| Schlüsie | 3.10 | 14:08 | 4:33 | 1 | - | 2 | 0:30 | 6.40 | 27:25 | 4:17 | 1 | - | 3 | 0:42 | |
| Hermannsklippe | 2.60 | 12:24 | 4:46 | 1 | - | 3 | 1:00 | 9.00 | 39:49 | 4:25 | 1 | - | 3 | 1:42 | |
| Brocken | 3.10 | 20:42 | 6:40 | 3 | 0:52 | 6 | 2:39 | 12.10 | 1:00:31 | 5:00 | 2 | 0:35 | 4 | 4:21 | |
| Eiserner Handwe | 3.60 | 13:05 | 3:38 | 2 | 0:18 | 3 | 1:13 | 15.70 | 1:13:36 | 4:41 | 2 | 0:08 | 3 | 5:34 | |
| Schlüsie | 4.10 | 12:15 | 2:59 | 2 | 0:13 | 3 | 0:41 | 19.80 | 1:25:51 | 4:20 | 1 | - | 2 | 6:15 | |
| Loddenke | 3.10 | 10:34 | 3:24 | 4 | 0:33 | 5 | 1:15 | 22.90 | 1:36:25 | 4:12 | 2 | 0:04 | 3 | 7:30 | |
| Ilseburg/Markt | 3.30 | 12:43 | 3:51 | 6 | 1:45 | 19 | 2:06 | 26.20 | 1:49:08 | 4:09 | 3 | 1:23 | 4 | 9:36 | |