



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Röder, Fabian

□□: RADWERK RACING Wernigerode
 □□: 411

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:15:50

□□: 11.48 km/h
 □□□□: 5:11 min/km

□□□□□/□□□: 80 (of 581)

□□□□□/□: 77 (of 475)

□□□□□□: 1:39:32

□□□□□: 16(of 67)

□□□□□□□: 1:39:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	15:59	4:50	10	2:54	48	2:55	3.30	15:59	4:50	10	2:54	48	2:55	
Schlüsie	3.10	18:10	5:51	19	4:32	93	4:32	6.40	34:09	5:20	13	7:26	62	7:26	
Hermannsklippe	2.60	15:55	6:07	22	4:31	99	4:31	9.00	50:04	5:33	15	11:57	71	11:57	
Brocken	3.10	27:01	8:42	23	8:58	115	8:58	12.10	1:17:05	6:22	18	20:55	86	20:55	
Eiserner Handwe	3.60	16:31	4:35	17	4:39	86	4:39	15.70	1:33:36	5:57	20	25:34	88	25:34	
Schlüsie	4.10	15:43	3:50	15	4:09	76	4:09	19.80	1:49:19	5:31	19	29:43	84	29:43	
Loddenke	3.10	12:43	4:06	17	3:24	72	3:24	22.90	2:02:02	5:19	19	33:07	83	33:07	
Ilseburg/Markt	3.30	13:48	4:10	14	3:11	57	3:11	26.20	2:15:50	5:11	16	36:18	77	36:18	