



49. Brockenlauf

Ilseburg / 07.09.2019

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Bartling, Marcus

□□: Brockenlaufverein
 □□: 47

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:16:03

□□: 11.47 km/h
 □□□□: 5:11 min/km

□□□□□/□□□: 83 (of 581)

□□□□□/□: 79 (of 475)

□□□□□□: 1:39:32

□□□□□: 17(of 67)

□□□□□□□: 1:39:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:25	4:58	13	3:20	62	3:21	3.30	16:25	4:58	13	3:20	62	3:21	
Schlüsie	3.10	18:03	5:49	16	4:25	86	4:25	6.40	34:28	5:23	14	7:45	67	7:45	
Hermannsklippe	2.60	15:26	5:56	16	4:02	72	4:02	9.00	49:54	5:32	14	11:47	68	11:47	
Brocken	3.10	26:13	8:27	16	8:10	88	8:10	12.10	1:16:07	6:17	15	19:57	75	19:57	
Eiserner Handwe	3.60	16:36	4:36	18	4:44	89	4:44	15.70	1:32:43	5:54	15	24:41	76	24:41	
Schlüsie	4.10	16:32	4:01	25	4:58	123	4:58	19.80	1:49:15	5:31	18	29:39	83	29:39	
Loddenke	3.10	13:07	4:13	19	3:48	102	3:48	22.90	2:02:22	5:20	20	33:27	86	33:27	
Ilseburg/Markt	3.30	13:41	4:08	10	3:04	50	3:04	26.20	2:16:03	5:11	17	36:31	79	36:31	