



49. Brockenlauf

Ilseburg / 07.09.2019

0000

Mersmann, Tobias

00: TKH

00: 338

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:18:59

00: 11.31 km/h

0000: 5:18 min/km

00000/000: 103 (of 581)

00000/0: 100 (of 475)

000000: 1:39:32

00000: 17(of 55)

0000000: 1:53:46

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	17:50	5:24	21	4:08	143	4:46	3.30	17:50	5:24	21	4:08	143	4:46
Schlüsle	3.10	18:47	6:03	19	3:43	121	5:09	6.40	36:37	5:43	21	7:49	137	9:54
Hermannsklippe	2.60	16:14	6:14	18	3:19	117	4:50	9.00	52:51	5:52	18	10:59	128	14:44
Brocken	3.10	26:27	8:31	18	6:01	95	8:24	12.10	1:19:18	6:33	18	16:20	114	23:08
Eiserner Handwe	3.60	16:54	4:41	16	3:44	106	5:02	15.70	1:36:12	6:07	17	18:43	108	28:10
Schlüsle	4.10	15:36	3:48	13	2:50	69	4:02	19.80	1:51:48	5:38	17	21:33	103	32:12
Loddenke	3.10	12:47	4:07	12	2:00	80	3:28	22.90	2:04:35	5:26	17	23:22	103	35:40
Ilseburg/Markt	3.30	14:24	4:21	15	2:15	95	3:47	26.20	2:18:59	5:18	17	25:13	100	39:27