



49. Brockenlauf

Ilseburg / 07.09.2019

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Mey, Björn

11: Werratal Runners

11: 341

11: 26.20 km

26,2 km - Lauf

1111:

Senioren M45 (45-49 Jahre)

1111: 2:24:15

11: 10.90 km/h

1111: 5:31 min/km

111111/1111: 138 (of 581)

111111/11: 133 (of 475)

1111111: 1:39:32

111111: 19(of 68)

11111111: 1:51:26

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1111	11	11	11	11	11	11	11	1111	1111	1111	11	11	11	11
	km	11	min/km	-	-	11	11	km	11	min/km	-	-	11	11
Loddenke	3.30	18:24	5:34	22	4:33	176	5:20	3.30	18:24	5:34	22	4:33	176	5:20
Schlüsle	3.10	18:57	6:06	15	4:04	130	5:19	6.40	37:21	5:50	18	8:33	153	10:38
Hermannsklippe	2.60	16:52	6:29	19	4:09	151	5:28	9.00	54:13	6:01	17	12:42	147	16:06
Brocken	3.10	27:50	8:58	21	6:43	155	9:47	12.10	1:22:03	6:46	17	19:25	145	25:53
Eiserner Handwe	3.60	17:15	4:47	19	4:01	136	5:23	15.70	1:39:18	6:19	18	23:25	140	31:16
Schlüsle	4.10	16:23	3:59	15	3:26	117	4:49	19.80	1:55:41	5:50	18	26:47	132	36:05
Loddenke	3.10	13:16	4:16	16	2:39	110	3:57	22.90	2:08:57	5:37	18	29:26	131	40:02
Ilseburg/Markt	3.30	15:18	4:38	21	3:23	160	4:41	26.20	2:24:15	5:30	19	32:49	133	44:43