



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Tryller, Marcel

□□: CRAZY RUNNERS HALBERSTADT
 □□: 520

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:36:28

□□: 9.97 km/h
 □□□□: 5:58 min/km

□□□□□/□□□: 252 (of 581)

□□□□□/□: 240 (of 475)

□□□□□□: 1:39:32

□□□□□: 32(of 55)

□□□□□□□: 1:53:46

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:02 | 5:27 | 23 | 4:20 | 154 | 4:58 | 3.30 | 18:02 | 5:27 | 23 | 4:20 | 154 | 4:58 |
| Schlüsie | 3.10 | 20:20 | 6:33 | 33 | 5:16 | 238 | 6:42 | 6.40 | 38:22 | 5:59 | 26 | 9:34 | 185 | 11:39 |
| Hermannsklippe | 2.60 | 18:25 | 7:05 | 38 | 5:30 | 269 | 7:01 | 9.00 | 56:47 | 6:18 | 29 | 14:55 | 216 | 18:40 |
| Brocken | 3.10 | 32:15 | 10:24 | 38 | 11:49 | 310 | 14:12 | 12.10 | 1:29:02 | 7:21 | 35 | 26:04 | 259 | 32:52 |
| Eiserner Handwe | 3.60 | 19:31 | 5:25 | 33 | 6:21 | 268 | 7:39 | 15.70 | 1:48:33 | 6:54 | 35 | 31:04 | 260 | 40:31 |
| Schlüsie | 4.10 | 18:34 | 4:31 | 33 | 5:48 | 255 | 7:00 | 19.80 | 2:07:07 | 6:25 | 34 | 36:52 | 261 | 47:31 |
| Loddenke | 3.10 | 14:07 | 4:33 | 26 | 3:20 | 189 | 4:48 | 22.90 | 2:21:14 | 6:10 | 33 | 40:01 | 255 | 52:19 |
| Ilseburg/Markt | 3.30 | 15:14 | 4:36 | 20 | 3:05 | 152 | 4:37 | 26.20 | 2:36:28 | 5:58 | 32 | 42:42 | 240 | 56:56 |