



49. Brockenlauf Ilseburg / 07.09.2019

0000

Warnke, Björn

00: Sport-Club-Itzehoe

00: 545

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 2:37:05

00: 10.01 km/h

0000: 6:00 min/km

00000/000: 260 (of 581)

00000/0: 247 (of 475)

000000: 1:39:32

00000: 41(of 67)

0000000: 1:39:32

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	19:37	5:56	44	6:32	262	6:33	3.30	19:37	5:56	44	6:32	262	6:33
Schlüsle	3.10	20:24	6:34	44	6:46	243	6:46	6.40	40:01	6:15	40	13:18	246	13:18
Hermannsklippe	2.60	17:48	6:50	40	6:24	230	6:24	9.00	57:49	6:25	41	19:42	244	19:42
Brocken	3.10	30:17	9:46	42	12:14	245	12:14	12.10	1:28:06	7:16	41	31:56	244	31:56
Eiserner Handwe	3.60	19:55	5:31	47	8:03	284	8:03	15.70	1:48:01	6:52	44	39:59	253	39:59
Schlüsle	4.10	18:56	4:37	42	7:22	269	7:22	19.80	2:06:57	6:24	43	47:21	258	47:21
Loddenke	3.10	14:32	4:41	37	5:13	219	5:13	22.90	2:21:29	6:10	42	52:34	257	52:34
Ilseburg/Markt	3.30	15:36	4:43	33	4:59	190	4:59	26.20	2:37:05	5:59	41	57:33	247	57:33