



49. Brockenlauf

Ilseburg / 07.09.2019

0000

Händel, Thomas

00: Jena

00: 589

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 2:44:06

00: 9.58 km/h

0000: 6:16 min/km

00000/000: 311 (of 581)

00000/0: 289 (of 475)

000000: 1:39:32

00000: 38(of 68)

0000000: 1:51:26

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	20:50	6:18	47	6:59	331	7:46	3.30	20:50	6:18	47	6:59	331	7:46
Schlüsse	3.10	20:53	6:44	38	6:00	269	7:15	6.40	41:43	6:31	42	12:55	296	15:00
Hermannsklippe	2.60	18:53	7:15	39	6:10	296	7:29	9.00	1:00:36	6:44	42	19:05	301	22:29
Brocken	3.10	29:00	9:21	25	7:53	195	10:57	12.10	1:29:36	7:24	36	26:58	267	33:26
Eiserner Handwe	3.60	21:57	6:05	56	8:43	368	10:05	15.70	1:51:33	7:06	40	35:40	288	43:31
Schlüsse	4.10	20:27	4:59	49	7:30	337	8:53	19.80	2:12:00	6:40	41	43:06	294	52:24
Loddenke	3.10	15:25	4:58	41	4:48	296	6:06	22.90	2:27:25	6:26	39	47:54	289	58:30
Ilseburg/Markt	3.30	16:41	5:03	34	4:46	262	6:04	26.20	2:44:06	6:15	38	52:40	289	1:04:34