



49. Brockenlauf

Ilseburg / 07.09.2019

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Simon, Michael

□□: Trailrunning Bergwitz

□□: 481

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:46:20

□□: 9.45 km/h

□□□□: 6:21 min/km

□□□□□/□□□: 333 (of 581)

□□□□□/□: 305 (of 475)

□□□□□□: 1:39:32

□□□□□: 50(of 67)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:21	5:51	38	6:16	243	6:17	3.30	19:21	5:51	38	6:16	243	6:17	
Schlüsie	3.10	22:18	7:11	58	8:40	356	8:40	6.40	41:39	6:30	49	14:56	293	14:56	
Hermannsklippe	2.60	19:35	7:31	56	8:11	337	8:11	9.00	1:01:14	6:48	52	23:07	315	23:07	
Brocken	3.10	31:25	10:08	49	13:22	284	13:22	12.10	1:32:39	7:39	52	36:29	301	36:29	
Eiserner Handwe	3.60	18:47	5:13	40	6:55	227	6:55	15.70	1:51:26	7:05	47	43:24	287	43:24	
Schlüsie	4.10	19:14	4:41	44	7:40	287	7:40	19.80	2:10:40	6:35	47	51:04	286	51:04	
Loddenke	3.10	16:59	5:28	56	7:40	375	7:40	22.90	2:27:39	6:26	48	58:44	290	58:44	
Ilseburg/Markt	3.30	18:41	5:39	54	8:04	363	8:04	26.20	2:46:20	6:20	50	1:06:48	305	1:06:48	