



49. Brockenlauf Ilseburg / 07.09.2019

0000

Lieb, Lukas

00: 307

00: 26.20 km
26,2 km - Lauf

0000:

Senioren M30 (30-34 Jahre)

000: 2:46:31

00: 9.44 km/h
0000: 6:22 min/km

00000/000: 336 (of 581)

00000/0: 308 (of 475)

000000: 1:39:32

00000: 34(of 47)

0000000: 1:47:45

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	24:31	7:25	46	11:27	453	11:27	3.30	24:31	7:25	46	11:27	453	11:27	
Schlüsle	3.10	21:01	6:46	30	6:53	280	7:23	6.40	45:32	7:06	42	18:07	398	18:49	
Hermannsklippe	2.60	17:57	6:54	29	5:33	239	6:33	9.00	1:03:29	7:03	38	23:40	359	25:22	
Brocken	3.10	29:27	9:30	28	9:37	206	11:24	12.10	1:32:56	7:40	35	33:00	307	36:46	
Eiserner Handwe	3.60	21:46	6:02	40	8:59	361	9:54	15.70	1:54:42	7:18	34	41:14	316	46:40	
Schlüsle	4.10	20:53	5:05	38	8:51	361	9:19	19.80	2:15:35	6:50	35	49:44	327	55:59	
Loddenke	3.10	15:48	5:05	34	5:47	323	6:29	22.90	2:31:23	6:36	35	55:02	321	1:02:28	
Ilseburg/Markt	3.30	15:08	4:35	20	4:10	140	4:31	26.20	2:46:31	6:21	34	58:46	308	1:06:59	