



49. Brockenlauf

Ilseburg / 07.09.2019

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Hartung, Frank

□□: Leipzig

□□: 590

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:47:28

□□: 9.39 km/h

□□□□: 6:23 min/km

□□□□□/□□□: 346 (of 581)

□□□□□/□: 317 (of 475)

□□□□□□: 1:39:32

□□□□□: 52(of 77)

□□□□□□□: 1:59:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:33	6:13	54	6:37	314	7:29	3.30	20:33	6:13	54	6:37	314	7:29
Schlüsie	3.10	21:33	6:57	55	6:05	314	7:55	6.40	42:06	6:34	54	12:42	314	15:23
Hermannsklippe	2.60	18:36	7:09	48	5:05	287	7:12	9.00	1:00:42	6:44	53	17:38	302	22:35
Brocken	3.10	32:10	10:22	48	10:42	307	14:07	12.10	1:32:52	7:40	52	28:20	305	36:42
Eiserner Handwe	3.60	19:27	5:24	45	5:02	266	7:35	15.70	1:52:19	7:09	52	32:37	297	44:17
Schlüsie	4.10	20:04	4:53	51	5:57	318	8:30	19.80	2:12:23	6:41	52	37:59	297	52:47
Loddenke	3.10	16:32	5:20	60	4:52	358	7:13	22.90	2:28:55	6:30	53	42:38	311	1:00:00
Ilseburg/Markt	3.30	18:33	5:37	62	5:31	355	7:56	26.20	2:47:28	6:23	52	48:02	317	1:07:56