



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Hillebrand, Josef

□□: Non Stop Ultra Brakel

□□: 10

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:51:18

□□: 9.18 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 366 (of 581)

□□□□□/□: 333 (of 475)

□□□□□□: 1:39:32

□□□□□: 23(of 40)

□□□□□□□: 2:17:19

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:08	6:24	26	4:19	350	8:04	3.30	21:08	6:24	26	4:19	350	8:04
Schlüsie	3.10	23:33	7:35	29	5:04	401	9:55	6.40	44:41	6:58	29	8:42	385	17:58
Hermannsklippe	2.60	21:23	8:13	29	5:49	404	9:59	9.00	1:06:04	7:20	30	14:16	400	27:57
Brocken	3.10	34:55	11:15	25	9:42	390	16:52	12.10	1:40:59	8:20	28	23:58	394	44:49
Eiserner Handwe	3.60	19:07	5:18	21	3:31	244	7:15	15.70	2:00:06	7:38	24	25:49	365	52:04
Schlüsie	4.10	17:49	4:20	17	2:45	211	6:15	19.80	2:17:55	6:57	22	27:53	344	58:19
Loddenke	3.10	15:11	4:53	21	2:25	275	5:52	22.90	2:33:06	6:41	22	30:18	336	1:04:11
Ilseburg/Markt	3.30	18:12	5:30	26	3:49	343	7:35	26.20	2:51:18	6:32	23	33:59	333	1:11:46