



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Amesbauer, Magnus

□□: Non Stop Ultra Brakel

□□: 36

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:53:18

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 387 (of 581)

□□□□□/□: 350 (of 475)

□□□□□□: 1:39:32

□□□□□: 57(of 67)

□□□□□□□: 1:39:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:16	6:08	48	7:11	295	7:12	3.30	20:16	6:08	48	7:11	295	7:12
Schlüsie	3.10	21:45	7:00	53	8:07	327	8:07	6.40	42:01	6:33	52	15:18	310	15:18
Hermannsklippe	2.60	19:28	7:29	55	8:04	329	8:04	9.00	1:01:29	6:49	53	23:22	320	23:22
Brocken	3.10	31:38	10:12	51	13:35	290	13:35	12.10	1:33:07	7:41	53	36:57	309	36:57
Eiserner Handwe	3.60	21:15	5:54	53	9:23	342	9:23	15.70	1:54:22	7:17	53	46:20	313	46:20
Schlüsie	4.10	22:18	5:26	62	10:44	405	10:44	19.80	2:16:40	6:54	54	57:04	335	57:04
Loddenke	3.10	17:40	5:41	59	8:21	404	8:21	22.90	2:34:20	6:44	56	1:05:25	347	1:05:25
Ilseburg/Markt	3.30	18:58	5:44	55	8:21	375	8:21	26.20	2:53:18	6:36	57	1:13:46	350	1:13:46