



49. Brockenlauf

Ilseburg / 07.09.2019

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Bömeke, Alexander

□□: Duderstadt
□□: 71

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 2:10:08

□□: 12.08 km/h
□□□□: 4:58 min/km

□□□□□/□□□: 50 (of 581)

□□□□□/□: 49 (of 475)

□□□□□□: 1:39:32

□□□□□: 9(of 67)

□□□□□□□: 1:39:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:31	5:00	16	3:26	68	3:27	3.30	16:31	5:00	16	3:26	68	3:27	
Schlüsie	3.10	16:53	5:26	8	3:15	38	3:15	6.40	33:24	5:13	10	6:41	52	6:41	
Hermannsklippe	2.60	14:28	5:33	8	3:04	39	3:04	9.00	47:52	5:19	8	9:45	44	9:45	
Brocken	3.10	23:42	7:38	8	5:39	38	5:39	12.10	1:11:34	5:54	9	15:24	41	15:24	
Eiserner Handwe	3.60	15:50	4:23	12	3:58	60	3:58	15.70	1:27:24	5:34	10	19:22	44	19:22	
Schlüsie	4.10	16:08	3:56	20	4:34	98	4:34	19.80	1:43:32	5:13	10	23:56	47	23:56	
Loddenke	3.10	12:35	4:03	14	3:16	63	3:16	22.90	1:56:07	5:04	10	27:12	50	27:12	
Ilseburg/Markt	3.30	14:01	4:14	15	3:24	68	3:24	26.20	2:10:08	4:58	9	30:36	49	30:36	