



49. Brockenlauf

Ilseburg / 07.09.2019

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Lück, Christian

□□: Magdeburg

□□: 314

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:54:12

□□: 8.96 km/h

□□□□: 6:39 min/km

□□□□□/□□□: 395 (of 581)

□□□□□/□: 357 (of 475)

□□□□□□: 1:39:32

□□□□□: 36(of 47)

□□□□□□□: 1:47:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:42	6:34	41	8:38	388	8:38	3.30	21:42	6:34	41	8:38	388	8:38
Schlüsie	3.10	21:28	6:55	35	7:20	310	7:50	6.40	43:10	6:44	35	15:45	342	16:27
Hermannsklippe	2.60	20:09	7:44	38	7:45	356	8:45	9.00	1:03:19	7:02	37	23:30	355	25:12
Brocken	3.10	33:25	10:46	37	13:35	340	15:22	12.10	1:36:44	7:59	38	36:48	357	40:34
Eiserner Handwe	3.60	21:21	5:55	37	8:34	346	9:29	15.70	1:58:05	7:31	36	44:37	354	50:03
Schlüsie	4.10	21:33	5:15	42	9:31	388	9:59	19.80	2:19:38	7:03	36	53:47	356	1:00:02
Loddenke	3.10	16:00	5:09	35	5:59	332	6:41	22.90	2:35:38	6:47	36	59:17	356	1:06:43
Ilseburg/Markt	3.30	18:34	5:37	36	7:36	356	7:57	26.20	2:54:12	6:38	36	1:06:27	357	1:14:40