



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Lück, Christian

□□: Magdeburg

□□: 314

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:54:12

□□: 9.02 km/h

□□□□: 6:39 min/km

□□□□□/□□□: 395 (of 581)

□□□□□/□: 357 (of 475)

□□□□□□: 1:39:32

□□□□□: 36(of 47)

□□□□□□□: 1:47:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ 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 | |