



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Schmidt, Carsten

□□: Reppenstedt

□□: 447

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:07:49

□□: 8.37 km/h

□□□□: 7:10 min/km

□□□□□/□□□: 483 (of 581)

□□□□□/□: 419 (of 475)

□□□□□□: 1:39:32

□□□□□: 63(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:55	6:56	65	9:04	425	9:51	3.30	22:55	6:56	65	9:04	425	9:51
Schlüsie	3.10	23:11	7:28	58	8:18	390	9:33	6.40	46:06	7:12	62	17:18	404	19:23
Hermannsklippe	2.60	20:41	7:57	54	7:58	375	9:17	9.00	1:06:47	7:25	61	25:16	407	28:40
Brocken	3.10	38:29	12:24	65	17:22	434	20:26	12.10	1:45:16	8:41	64	42:38	421	49:06
Eiserner Handwe	3.60	21:47	6:03	55	8:33	362	9:55	15.70	2:07:03	8:05	64	51:10	415	59:01
Schlüsie	4.10	20:40	5:02	50	7:43	352	9:06	19.80	2:27:43	7:27	61	58:49	408	1:08:07
Loddenke	3.10	17:37	5:40	62	7:00	403	8:18	22.90	2:45:20	7:13	61	1:05:49	411	1:16:25
Ilseburg/Markt	3.30	22:29	6:48	66	10:34	442	11:52	26.20	3:07:49	7:10	63	1:16:23	419	1:28:17