



49. Brockenlauf

Ilseburg / 07.09.2019

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Landwehr, Michael

□□: Gernrode

□□: 25

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 3:09:36

□□: 8.29 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 489 (of 581)

□□□□□/□: 422 (of 475)

□□□□□□: 1:39:32

□□□□□: 10(of 15)

□□□□□□□: 2:31:36

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:13	7:02	11	4:56	429	10:09	3.30	23:13	7:02	11	4:56	429	10:09
Schlüsie	3.10	25:14	8:08	11	5:58	429	11:36	6.40	48:27	7:34	11	10:15	429	21:44
Hermannsklippe	2.60	21:34	8:17	11	4:28	410	10:10	9.00	1:10:01	7:46	12	14:30	425	31:54
Brocken	3.10	36:03	11:37	9	9:08	410	18:00	12.10	1:46:04	8:45	12	22:46	425	49:54
Eiserner Handwe	3.60	23:04	6:24	9	5:12	398	11:12	15.70	2:09:08	8:13	12	26:38	426	1:01:06
Schlüsie	4.10	22:52	5:34	11	5:25	416	11:18	19.80	2:32:00	7:40	12	32:03	426	1:12:24
Loddenke	3.10	17:55	5:46	11	4:33	417	8:36	22.90	2:49:55	7:25	11	35:06	424	1:21:00
Ilseburg/Markt	3.30	19:41	5:57	10	4:37	399	9:04	26.20	3:09:36	7:14	10	38:00	422	1:30:04