



49. Brockenlauf

Ilseburg / 07.09.2019

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Bartenschlager, Marko

□□: Hamburg

□□: 46

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:12:23

□□: 8.11 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 497 (of 581)

□□□□□/□: 428 (of 475)

□□□□□□: 1:39:32

□□□□□: 65(of 77)

□□□□□□□: 1:59:26

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:42	6:34	61	7:46	388	8:38	3.30	21:42	6:34	61	7:46	388	8:38	
Schlüsie	3.10	25:12	8:07	64	9:44	428	11:34	6.40	46:54	7:19	63	17:30	414	20:11	
Hermannsklippe	2.60	23:09	8:54	67	9:38	435	11:45	9.00	1:10:03	7:46	66	26:59	426	31:56	
Brocken	3.10	38:20	12:21	66	16:52	432	20:17	12.10	1:48:23	8:57	66	43:51	434	52:13	
Eiserner Handwe	3.60	23:14	6:27	65	8:49	402	11:22	15.70	2:11:37	8:22	65	51:55	429	1:03:35	
Schlüsie	4.10	21:59	5:21	62	7:52	397	10:25	19.80	2:33:36	7:45	65	59:12	428	1:14:00	
Loddenke	3.10	19:14	6:12	68	7:34	437	9:55	22.90	2:52:50	7:32	65	1:06:33	429	1:23:55	
Ilseburg/Markt	3.30	19:33	5:55	65	6:31	393	8:56	26.20	3:12:23	7:20	65	1:12:57	428	1:32:51	