



49. Brockenlauf

Ilseburg / 07.09.2019

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Brandhorst, Axel

□□: Knights of Kolben
 □□: 80

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:20:44

□□: 7.77 km/h
 □□□□: 7:40 min/km

□□□□□/□□□: 525 (of 581)

□□□□□/□: 442 (of 475)

□□□□□□: 1:39:32

□□□□□: 54(of 59)

□□□□□□□: 2:07:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:29	6:30	44	5:37	380	8:25	3.30	21:29	6:30	44	5:37	380	8:25
Schlüsie	3.10	25:34	8:14	52	8:57	434	11:56	6.40	47:03	7:21	50	14:34	417	20:20
Hermannsklippe	2.60	23:17	8:57	53	8:43	440	11:53	9.00	1:10:20	7:48	51	23:17	429	32:13
Brocken	3.10	37:57	12:14	53	13:30	428	19:54	12.10	1:48:17	8:56	53	36:47	433	52:07
Eiserner Handwe	3.60	24:10	6:42	52	9:17	417	12:18	15.70	2:12:27	8:26	53	46:04	430	1:04:25
Schlüsie	4.10	24:30	5:58	54	9:43	436	12:56	19.80	2:36:57	7:55	53	55:32	432	1:17:21
Loddenke	3.10	20:32	6:37	57	8:20	452	11:13	22.90	2:57:29	7:45	53	1:03:49	436	1:28:34
Ilseburg/Markt	3.30	23:15	7:02	55	9:27	450	12:38	26.20	3:20:44	7:39	54	1:13:15	442	1:41:12