



# 49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Jeppesen, Kurt

□□: 227

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M75 (75 und älter)

□□□: 3:50:20

□□: 6.77 km/h  
□□□□: 8:47 min/km

□□□□□/□□□: 569 (of 581)

□□□□□/□: 468 (of 475)

□□□□□□: 1:39:32

□□□□□: 3(of 3)

□□□□□□□: 2:59:27

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 24:42    | 7:29         | 2       | 3:17    | 460     | 11:38   | 3.30  | 24:42     | 7:29      | 2             | 3:17    | 460     | 11:38   |         |
| Schlüsie        | 3.10     | 24:52    | 8:01         | 2       | 1:25    | 421     | 11:14   | 6.40  | 49:34     | 7:44      | 2             | 4:42    | 443     | 22:51   |         |
| Hermannsklippe  | 2.60     | 21:47    | 8:22         | 2       | 0:52    | 412     | 10:23   | 9.00  | 1:11:21   | 7:55      | 2             | 5:34    | 438     | 33:14   |         |
| Brocken         | 3.10     | 39:24    | 12:42        | 3       | 3:35    | 442     | 21:21   | 12.10 | 1:50:45   | 9:09      | 2             | 9:09    | 441     | 54:35   |         |
| Eiserner Handwe | 3.60     | 25:21    | 7:02         | 3       | 4:32    | 442     | 13:29   | 15.70 | 2:16:06   | 8:40      | 2             | 13:41   | 443     | 1:08:04 |         |
| Schlüsie        | 4.10     | 27:53    | 6:48         | 3       | 7:43    | 460     | 16:19   | 19.80 | 2:43:59   | 8:16      | 3             | 21:13   | 451     | 1:24:23 |         |
| Loddenke        | 3.10     | 30:46    | 9:55         | 3       | 15:21   | 473     | 21:27   | 22.90 | 3:14:45   | 8:30      | 3             | 34:54   | 463     | 1:45:50 |         |
| Ilseburg/Markt  | 3.30     | 35:35    | 10:46        | 3       | 17:03   | 473     | 24:58   | 26.20 | 3:50:20   | 8:47      | 3             | 50:53   | 468     | 2:10:48 |         |