



49. Brockenlauf

Ilseburg / 07.09.2019

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Krause, Karl-Heinz

□□: erst laufen dann saufen
 □□: 593

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:55:18

□□: 6.68 km/h
 □□□□: 8:59 min/km

□□□□□/□□□: 572 (of 581)

□□□□□/□: 469 (of 475)

□□□□□□: 1:39:32

□□□□□: 58(of 59)

□□□□□□□: 2:07:29

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 26:14 | 7:56 | 57 | 10:22 | 466 | 13:10 | 3.30 | 26:14 | 7:56 | 57 | 10:22 | 466 | 13:10 |
| Schlüsie | 3.10 | 28:38 | 9:14 | 57 | 12:01 | 465 | 15:00 | 6.40 | 54:52 | 8:34 | 56 | 22:23 | 463 | 28:09 |
| Hermannsklippe | 2.60 | 28:30 | 10:57 | 58 | 13:56 | 468 | 17:06 | 9.00 | 1:23:22 | 9:15 | 59 | 36:19 | 473 | 45:15 |
| Brocken | 3.10 | 47:28 | 15:18 | 59 | 23:01 | 475 | 29:25 | 12.10 | 2:10:50 | 10:48 | 59 | 59:20 | 473 | 1:14:40 |
| Eiserner Handwe | 3.60 | 28:16 | 7:51 | 58 | 13:23 | 465 | 16:24 | 15.70 | 2:39:06 | 10:08 | 59 | 1:12:43 | 473 | 1:31:04 |
| Schlüsie | 4.10 | 28:29 | 6:56 | 58 | 13:42 | 465 | 16:55 | 19.80 | 3:07:35 | 9:28 | 59 | 1:26:10 | 471 | 1:47:59 |
| Loddenke | 3.10 | 22:05 | 7:07 | 58 | 9:53 | 461 | 12:46 | 22.90 | 3:29:40 | 9:09 | 58 | 1:36:00 | 469 | 2:00:45 |
| Ilseburg/Markt | 3.30 | 25:38 | 7:46 | 58 | 11:50 | 464 | 15:01 | 26.20 | 3:55:18 | 8:58 | 58 | 1:47:49 | 469 | 2:15:46 |