



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Merkel, Alexander

□□: Bernau bei Berlin  
 □□: 336

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:08:40

□□: 12.22 km/h  
 □□□□: 4:55 min/km

□□□□□/□□□: 45 (of 581)

□□□□□/□: 45 (of 475)

□□□□□□: 1:39:32

□□□□□: 9(of 47)

□□□□□□□: 1:47:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:16    | 5:13         | 18      | 4:12    | 102     | 4:12    | 3.30  | 17:16     | 5:13          | 18      | 4:12    | 102     | 4:12    |
| Schlüsie        | 3.10     | 17:06    | 5:30         | 11      | 2:58    | 45      | 3:28    | 6.40  | 34:22     | 5:22          | 14      | 6:57    | 66      | 7:39    |
| Hermannsklippe  | 2.60     | 14:38    | 5:37         | 11      | 2:14    | 45      | 3:14    | 9.00  | 49:00     | 5:26          | 14      | 9:11    | 57      | 10:53   |
| Brocken         | 3.10     | 25:38    | 8:16         | 15      | 5:48    | 70      | 7:35    | 12.10 | 1:14:38   | 6:10          | 14      | 14:42   | 63      | 18:28   |
| Eiserner Handwe | 3.60     | 15:08    | 4:12         | 8       | 2:21    | 38      | 3:16    | 15.70 | 1:29:46   | 5:43          | 14      | 16:18   | 54      | 21:44   |
| Schlüsie        | 4.10     | 14:11    | 3:27         | 7       | 2:09    | 29      | 2:37    | 19.80 | 1:43:57   | 5:15          | 10      | 18:06   | 50      | 24:21   |
| Loddenke        | 3.10     | 11:40    | 3:45         | 7       | 1:39    | 24      | 2:21    | 22.90 | 1:55:37   | 5:02          | 9       | 19:16   | 47      | 26:42   |
| Ilseburg/Markt  | 3.30     | 13:03    | 3:57         | 9       | 2:05    | 29      | 2:26    | 26.20 | 2:08:40   | 4:54          | 9       | 20:55   | 45      | 29:08   |