



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Albrecht, Lars

□□: Leipzig

□□: 34

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:11:20

□□: 11.88 km/h

□□□□: 5:01 min/km

□□□□□/□□□: 55 (of 581)

□□□□□/□: 54 (of 475)

□□□□□□: 1:39:32

□□□□□: 12(of 47)

□□□□□□□: 1:47:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:08 | 4:53 | 11 | 3:04 | 53 | 3:04 | 3.30 | 16:08 | 4:53 | 11 | 3:04 | 53 | 3:04 | |
| Schlüsie | 3.10 | 16:52 | 5:26 | 8 | 2:44 | 37 | 3:14 | 6.40 | 33:00 | 5:09 | 10 | 5:35 | 42 | 6:17 | |
| Hermannsklippe | 2.60 | 14:44 | 5:39 | 12 | 2:20 | 47 | 3:20 | 9.00 | 47:44 | 5:18 | 9 | 7:55 | 40 | 9:37 | |
| Brocken | 3.10 | 25:23 | 8:11 | 12 | 5:33 | 63 | 7:20 | 12.10 | 1:13:07 | 6:02 | 10 | 13:11 | 45 | 16:57 | |
| Eiserner Handwe | 3.60 | 15:24 | 4:16 | 10 | 2:37 | 47 | 3:32 | 15.70 | 1:28:31 | 5:38 | 10 | 15:03 | 46 | 20:29 | |
| Schlüsie | 4.10 | 16:16 | 3:58 | 15 | 4:14 | 111 | 4:42 | 19.80 | 1:44:47 | 5:17 | 12 | 18:56 | 54 | 25:11 | |
| Loddenke | 3.10 | 12:53 | 4:09 | 15 | 2:52 | 91 | 3:34 | 22.90 | 1:57:40 | 5:08 | 12 | 21:19 | 55 | 28:45 | |
| Ilseburg/Markt | 3.30 | 13:40 | 4:08 | 12 | 2:42 | 47 | 3:03 | 26.20 | 2:11:20 | 5:00 | 12 | 23:35 | 54 | 31:48 | |