



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Schimmer, Torsten

□□: Bad Rappenau

□□: 441

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:12:09

□□: 11.90 km/h

□□□□: 5:02 min/km

□□□□□/□□□: 59 (of 581)

□□□□□/□: 57 (of 475)

□□□□□□: 1:39:32

□□□□□: 11(of 67)

□□□□□□□: 1:39:32

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 15:01    | 4:33         | 5       | 1:56    | 28      | 1:57    | 3.30  | 15:01     | 4:33      | 5             | 1:56    | 28      | 1:57    |         |
| Schlüsie        | 3.10     | 16:07    | 5:11         | 4       | 2:29    | 26      | 2:29    | 6.40  | 31:08     | 4:51      | 4             | 4:25    | 26      | 4:25    |         |
| Hermannsklippe  | 2.60     | 13:52    | 5:19         | 4       | 2:28    | 22      | 2:28    | 9.00  | 45:00     | 5:00      | 4             | 6:53    | 25      | 6:53    |         |
| Brocken         | 3.10     | 23:50    | 7:41         | 9       | 5:47    | 39      | 5:47    | 12.10 | 1:08:50   | 5:41      | 5             | 12:40   | 28      | 12:40   |         |
| Eiserner Handwe | 3.60     | 15:09    | 4:12         | 7       | 3:17    | 39      | 3:17    | 15.70 | 1:23:59   | 5:20      | 5             | 15:57   | 28      | 15:57   |         |
| Schlüsie        | 4.10     | 15:28    | 3:46         | 14      | 3:54    | 63      | 3:54    | 19.80 | 1:39:27   | 5:01      | 6             | 19:51   | 30      | 19:51   |         |
| Loddenke        | 3.10     | 15:42    | 5:03         | 48      | 6:23    | 317     | 6:23    | 22.90 | 1:55:09   | 5:01      | 9             | 26:14   | 45      | 26:14   |         |
| Ilseburg/Markt  | 3.30     | 17:00    | 5:09         | 47      | 6:23    | 288     | 6:23    | 26.20 | 2:12:09   | 5:02      | 11            | 32:37   | 57      | 32:37   |         |