



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Bär, Mario**

□□: Dessau

□□: 585

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:12:26

□□: 11.78 km/h

□□□□: 5:03 min/km

□□□□□/□□□: 62 (of 581)

□□□□□/□: 60 (of 475)

□□□□□□: 1:39:32

□□□□□: 8(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 15:27    | 4:40         | 5       | 1:36    | 34      | 2:23    | 3.30  | 15:27     | 4:40      | 5             | 1:36    | 34      | 2:23    |         |
| Schlüsie        | 3.10     | 17:49    | 5:44         | 10      | 2:56    | 73      | 4:11    | 6.40  | 33:16     | 5:11      | 7             | 4:28    | 47      | 6:33    |         |
| Hermannsklippe  | 2.60     | 15:34    | 5:59         | 11      | 2:51    | 79      | 4:10    | 9.00  | 48:50     | 5:25      | 7             | 7:19    | 55      | 10:43   |         |
| Brocken         | 3.10     | 25:25    | 8:11         | 8       | 4:18    | 64      | 7:22    | 12.10 | 1:14:15   | 6:08      | 8             | 11:37   | 60      | 18:05   |         |
| Eiserner Handwe | 3.60     | 16:27    | 4:34         | 11      | 3:13    | 84      | 4:35    | 15.70 | 1:30:42   | 5:46      | 8             | 14:49   | 62      | 22:40   |         |
| Schlüsie        | 4.10     | 15:41    | 3:49         | 9       | 2:44    | 74      | 4:07    | 19.80 | 1:46:23   | 5:22      | 8             | 17:29   | 59      | 26:47   |         |
| Loddenke        | 3.10     | 12:37    | 4:04         | 8       | 2:00    | 66      | 3:18    | 22.90 | 1:59:00   | 5:11      | 8             | 19:29   | 61      | 30:05   |         |
| Ilseburg/Markt  | 3.30     | 13:26    | 4:04         | 7       | 1:31    | 41      | 2:49    | 26.20 | 2:12:26   | 5:03      | 8             | 21:00   | 60      | 32:54   |         |