



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Schade-Bünsow, Volker

□□: Hildesheim
 □□: 428

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:19:45

□□: 11.25 km/h
 □□□□: 5:20 min/km

□□□□□/□□□: 108 (of 581)

□□□□□/□: 104 (of 475)

□□□□□□: 1:39:32

□□□□□: 15(of 77)

□□□□□□□: 1:59:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:43 | 5:22 | 19 | 3:47 | 132 | 4:39 | 3.30 | 17:43 | 5:22 | 19 | 3:47 | 132 | 4:39 |
| Schlüsie | 3.10 | 18:47 | 6:03 | 22 | 3:19 | 121 | 5:09 | 6.40 | 36:30 | 5:42 | 23 | 7:06 | 126 | 9:47 |
| Hermannsklippe | 2.60 | 16:09 | 6:12 | 16 | 2:38 | 110 | 4:45 | 9.00 | 52:39 | 5:50 | 20 | 9:35 | 117 | 14:32 |
| Brocken | 3.10 | 26:29 | 8:32 | 11 | 5:01 | 97 | 8:26 | 12.10 | 1:19:08 | 6:32 | 16 | 14:36 | 112 | 22:58 |
| Eiserner Handwe | 3.60 | 17:04 | 4:44 | 18 | 2:39 | 119 | 5:12 | 15.70 | 1:36:12 | 6:07 | 15 | 16:30 | 108 | 28:10 |
| Schlüsie | 4.10 | 16:03 | 3:54 | 15 | 1:56 | 92 | 4:29 | 19.80 | 1:52:15 | 5:40 | 15 | 17:51 | 110 | 32:39 |
| Loddenke | 3.10 | 13:14 | 4:16 | 17 | 1:34 | 107 | 3:55 | 22.90 | 2:05:29 | 5:28 | 15 | 19:12 | 108 | 36:34 |
| Ilseburg/Markt | 3.30 | 14:16 | 4:19 | 12 | 1:14 | 81 | 3:39 | 26.20 | 2:19:45 | 5:20 | 15 | 20:19 | 104 | 40:13 |