



49. Brockenlauf

Ilseburg / 07.09.2019

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Zeigermann, Falko

□□: Stecklenberg
 □□: 600

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:20:06

□□: 11.22 km/h
 □□□□: 5:21 min/km

□□□□□/□□□: 111 (of 581)

□□□□□/□: 107 (of 475)

□□□□□□: 1:39:32

□□□□□: 13(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:56 | 5:26 | 16 | 4:05 | 146 | 4:52 | 3.30 | 17:56 | 5:26 | 16 | 4:05 | 146 | 4:52 |
| Schlüsie | 3.10 | 18:36 | 6:00 | 13 | 3:43 | 114 | 4:58 | 6.40 | 36:32 | 5:42 | 15 | 7:44 | 127 | 9:49 |
| Hermannsklippe | 2.60 | 16:07 | 6:11 | 13 | 3:24 | 108 | 4:43 | 9.00 | 52:39 | 5:50 | 15 | 11:08 | 117 | 14:32 |
| Brocken | 3.10 | 26:12 | 8:27 | 12 | 5:05 | 87 | 8:09 | 12.10 | 1:18:51 | 6:30 | 14 | 16:13 | 108 | 22:41 |
| Eiserner Handwe | 3.60 | 16:51 | 4:40 | 14 | 3:37 | 103 | 4:59 | 15.70 | 1:35:42 | 6:05 | 14 | 19:49 | 104 | 27:40 |
| Schlüsie | 4.10 | 16:13 | 3:57 | 13 | 3:16 | 105 | 4:39 | 19.80 | 1:51:55 | 5:39 | 14 | 23:01 | 105 | 32:19 |
| Loddenke | 3.10 | 13:09 | 4:14 | 15 | 2:32 | 104 | 3:50 | 22.90 | 2:05:04 | 5:27 | 14 | 25:33 | 107 | 36:09 |
| Ilseburg/Markt | 3.30 | 15:02 | 4:33 | 18 | 3:07 | 132 | 4:25 | 26.20 | 2:20:06 | 5:20 | 13 | 28:40 | 107 | 40:34 |