



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Hammerick, Kim

□□□: 2:20:41

□□: 186

□□: 11.09 km/h

□□□□: 5:22 min/km

□□: 26.20 km

□□□□□/□□□: 117 (of 581)

26,2 km - Lauf

□□□□□/□: 112 (of 475)

□□□□□□: 1:39:32

□□□□:

□□□□□: 18(of 47)

Senioren M30 (30-34 Jahre)

□□□□□□□: 1:47:45

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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     | 17:14    | 5:13         | 17      | 4:10    | 97      | 4:10    | 3.30  | 17:14     | 5:13      | 17            | 4:10    | 97      | 4:10    |         |
| Schlüsie        | 3.10     | 18:24    | 5:56         | 18      | 4:16    | 106     | 4:46    | 6.40  | 35:38     | 5:34      | 19            | 8:13    | 104     | 8:55    |         |
| Hermannsklippe  | 2.60     | 16:23    | 6:18         | 19      | 3:59    | 120     | 4:59    | 9.00  | 52:01     | 5:46      | 18            | 12:12   | 107     | 13:54   |         |
| Brocken         | 3.10     | 26:30    | 8:32         | 17      | 6:40    | 98      | 8:27    | 12.10 | 1:18:31   | 6:29      | 18            | 18:35   | 102     | 22:21   |         |
| Eiserner Handwe | 3.60     | 17:36    | 4:53         | 21      | 4:49    | 153     | 5:44    | 15.70 | 1:36:07   | 6:07      | 18            | 22:39   | 107     | 28:05   |         |
| Schlüsie        | 4.10     | 16:28    | 4:00         | 19      | 4:26    | 121     | 4:54    | 19.80 | 1:52:35   | 5:41      | 18            | 26:44   | 111     | 32:59   |         |
| Loddenke        | 3.10     | 13:45    | 4:26         | 21      | 3:44    | 159     | 4:26    | 22.90 | 2:06:20   | 5:31      | 19            | 29:59   | 115     | 37:25   |         |
| Ilseburg/Markt  | 3.30     | 14:21    | 4:20         | 17      | 3:23    | 90      | 3:44    | 26.20 | 2:20:41   | 5:22      | 18            | 32:56   | 112     | 41:09   |         |