



# 49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

**Harbart, Bernd**

□□: Road Runners Holtensen  
 □□: 190

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:21:18

□□: 11.13 km/h  
 □□□□: 5:23 min/km

□□□□□/□□□: 119 (of 581)

□□□□□/□: 114 (of 475)

□□□□□□: 1:39:32

□□□□□: 18(of 77)

□□□□□□□: 1:59:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:14    | 5:31         | 26      | 4:18    | 162     | 5:10    | 3.30  | 18:14     | 5:31          | 26      | 4:18    | 162     | 5:10    |
| Schlüsie        | 3.10     | 19:31    | 6:17         | 31      | 4:03    | 174     | 5:53    | 6.40  | 37:45     | 5:53          | 26      | 8:21    | 161     | 11:02   |
| Hermannsklippe  | 2.60     | 16:39    | 6:24         | 20      | 3:08    | 132     | 5:15    | 9.00  | 54:24     | 6:02          | 26      | 11:20   | 153     | 16:17   |
| Brocken         | 3.10     | 27:51    | 8:59         | 26      | 6:23    | 157     | 9:48    | 12.10 | 1:22:15   | 6:47          | 26      | 17:43   | 148     | 26:05   |
| Eiserner Handwe | 3.60     | 17:06    | 4:45         | 20      | 2:41    | 124     | 5:14    | 15.70 | 1:39:21   | 6:19          | 23      | 19:39   | 141     | 31:19   |
| Schlüsie        | 4.10     | 15:43    | 3:50         | 12      | 1:36    | 76      | 4:09    | 19.80 | 1:55:04   | 5:48          | 20      | 20:40   | 127     | 35:28   |
| Loddenke        | 3.10     | 12:20    | 3:58         | 7       | 0:40    | 55      | 3:01    | 22.90 | 2:07:24   | 5:33          | 18      | 21:07   | 121     | 38:29   |
| Ilseburg/Markt  | 3.30     | 13:54    | 4:12         | 9       | 0:52    | 65      | 3:17    | 26.20 | 2:21:18   | 5:23          | 18      | 21:52   | 114     | 41:46   |