



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Pahnke, Andreas**

□□: Berlin

□□: 373

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:29:48

□□: 10.41 km/h

□□□□: 5:43 min/km

□□□□□/□□□: 188 (of 581)

□□□□□/□: 180 (of 475)

□□□□□□: 1:39:32

□□□□□: 26(of 55)

□□□□□□□: 1:53:46

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:31    | 5:54         | 30      | 5:49    | 257     | 6:27    | 3.30  | 19:31     | 5:54          | 30      | 5:49    | 257     | 6:27    |
| Schlüsie        | 3.10     | 19:53    | 6:24         | 29      | 4:49    | 200     | 6:15    | 6.40  | 39:24     | 6:09          | 28      | 10:36   | 230     | 12:41   |
| Hermannsklippe  | 2.60     | 17:01    | 6:32         | 23      | 4:06    | 163     | 5:37    | 9.00  | 56:25     | 6:16          | 27      | 14:33   | 209     | 18:18   |
| Brocken         | 3.10     | 27:07    | 8:44         | 23      | 6:41    | 121     | 9:04    | 12.10 | 1:23:32   | 6:54          | 27      | 20:34   | 174     | 27:22   |
| Eiserner Handwe | 3.60     | 18:44    | 5:12         | 24      | 5:34    | 224     | 6:52    | 15.70 | 1:42:16   | 6:30          | 26      | 24:47   | 177     | 34:14   |
| Schlüsie        | 4.10     | 17:33    | 4:16         | 25      | 4:47    | 195     | 5:59    | 19.80 | 1:59:49   | 6:03          | 27      | 29:34   | 180     | 40:13   |
| Loddenke        | 3.10     | 13:56    | 4:29         | 24      | 3:09    | 173     | 4:37    | 22.90 | 2:13:45   | 5:50          | 26      | 32:32   | 180     | 44:50   |
| Ilseburg/Markt  | 3.30     | 16:03    | 4:51         | 30      | 3:54    | 227     | 5:26    | 26.20 | 2:29:48   | 5:43          | 26      | 36:02   | 180     | 50:16   |