



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Abe, Steffen

□□: Mainz

□□: 31

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:29:58

□□: 10.48 km/h

□□□□: 5:43 min/km

□□□□□/□□□: 191 (of 581)

□□□□□/□: 184 (of 475)

□□□□□□: 1:39:32

□□□□□: 25(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:23 | 5:34 | 21 | 4:32 | 173 | 5:19 | 3.30 | 18:23 | 5:34 | 21 | 4:32 | 173 | 5:19 |
| Schlüsie | 3.10 | 20:09 | 6:29 | 29 | 5:16 | 223 | 6:31 | 6.40 | 38:32 | 6:01 | 27 | 9:44 | 198 | 11:49 |
| Hermannsklippe | 2.60 | 17:31 | 6:44 | 28 | 4:48 | 211 | 6:07 | 9.00 | 56:03 | 6:13 | 29 | 14:32 | 199 | 17:56 |
| Brocken | 3.10 | 29:39 | 9:33 | 28 | 8:32 | 215 | 11:36 | 12.10 | 1:25:42 | 7:04 | 27 | 23:04 | 201 | 29:32 |
| Eiserner Handwe | 3.60 | 17:45 | 4:55 | 25 | 4:31 | 164 | 5:53 | 15.70 | 1:43:27 | 6:35 | 28 | 27:34 | 196 | 35:25 |
| Schlüsie | 4.10 | 17:40 | 4:18 | 27 | 4:43 | 201 | 6:06 | 19.80 | 2:01:07 | 6:07 | 26 | 32:13 | 193 | 41:31 |
| Loddenke | 3.10 | 13:48 | 4:27 | 24 | 3:11 | 164 | 4:29 | 22.90 | 2:14:55 | 5:53 | 25 | 35:24 | 189 | 46:00 |
| Ilseburg/Markt | 3.30 | 15:03 | 4:33 | 19 | 3:08 | 134 | 4:26 | 26.20 | 2:29:58 | 5:43 | 25 | 38:32 | 184 | 50:26 |