



# 49. Brockenlauf Ilseburg / 07.09.2019

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Pirwayssian, Masoud

00: Intro Braunschweig

00: 379

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 2:32:24

00: 10.31 km/h

0000: 5:49 min/km

00000/000: 213 (of 581)

00000/0: 204 (of 475)

000000: 1:39:32

00000: 17(of 59)

0000000: 2:07:29

0000

0000

000

| 000             | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:16    | 5:13         | 9       | 1:24    | 102     | 4:12    | 3.30  | 17:16     | 5:13          | 9       | 1:24    | 102     | 4:12    |
| Schlüsle        | 3.10     | 21:09    | 6:49         | 34      | 4:32    | 292     | 7:31    | 6.40  | 38:25     | 6:00          | 20      | 5:56    | 189     | 11:42   |
| Hermannsklippe  | 2.60     | 18:24    | 7:04         | 29      | 3:50    | 268     | 7:00    | 9.00  | 56:49     | 6:18          | 21      | 9:46    | 217     | 18:42   |
| Brocken         | 3.10     | 29:36    | 9:32         | 18      | 5:09    | 214     | 11:33   | 12.10 | 1:26:25   | 7:08          | 22      | 14:55   | 214     | 30:15   |
| Eiserner Handwe | 3.60     | 18:11    | 5:03         | 19      | 3:18    | 188     | 6:19    | 15.70 | 1:44:36   | 6:39          | 20      | 18:13   | 209     | 36:34   |
| Schlüsle        | 4.10     | 17:40    | 4:18         | 20      | 2:53    | 201     | 6:06    | 19.80 | 2:02:16   | 6:10          | 18      | 20:51   | 204     | 42:40   |
| Loddenke        | 3.10     | 14:23    | 4:38         | 19      | 2:11    | 209     | 5:04    | 22.90 | 2:16:39   | 5:58          | 18      | 22:59   | 203     | 47:44   |
| Ilseburg/Markt  | 3.30     | 15:45    | 4:46         | 19      | 1:57    | 204     | 5:08    | 26.20 | 2:32:24   | 5:49          | 17      | 24:55   | 204     | 52:52   |