



49. Brockenlauf

Ilseburg / 07.09.2019

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Samp, Alexander

□□: Whiskey Running Team

□□: 7

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:33:07

□□: 10.19 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 220 (of 581)

□□□□□/□: 210 (of 475)

□□□□□□: 1:39:32

□□□□□: 38(of 67)

□□□□□□□: 1:39:32

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:41 | 5:39 | 32 | 5:36 | 200 | 5:37 | 3.30 | 18:41 | 5:39 | 32 | 5:36 | 200 | 5:37 | |
| Schlüsie | 3.10 | 20:10 | 6:30 | 38 | 6:32 | 225 | 6:32 | 6.40 | 38:51 | 6:04 | 35 | 12:08 | 208 | 12:08 | |
| Hermannsklippe | 2.60 | 18:12 | 6:59 | 45 | 6:48 | 255 | 6:48 | 9.00 | 57:03 | 6:20 | 36 | 18:56 | 221 | 18:56 | |
| Brocken | 3.10 | 30:56 | 9:58 | 46 | 12:53 | 269 | 12:53 | 12.10 | 1:27:59 | 7:16 | 40 | 31:49 | 241 | 31:49 | |
| Eiserner Handwe | 3.60 | 17:59 | 4:59 | 31 | 6:07 | 176 | 6:07 | 15.70 | 1:45:58 | 6:44 | 38 | 37:56 | 225 | 37:56 | |
| Schlüsie | 4.10 | 17:22 | 4:14 | 29 | 5:48 | 180 | 5:48 | 19.80 | 2:03:20 | 6:13 | 36 | 43:44 | 213 | 43:44 | |
| Loddenke | 3.10 | 14:02 | 4:31 | 32 | 4:43 | 182 | 4:43 | 22.90 | 2:17:22 | 5:59 | 37 | 48:27 | 211 | 48:27 | |
| Ilseburg/Markt | 3.30 | 15:45 | 4:46 | 35 | 5:08 | 204 | 5:08 | 26.20 | 2:33:07 | 5:50 | 38 | 53:35 | 210 | 53:35 | |