



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Dr. Bosse, Matthias

□□: SG Lauffreunde Harz
 □□: 628

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:36:04

□□: 10.00 km/h
 □□□□: 5:58 min/km

□□□□□/□□□: 244 (of 581)

□□□□□/□: 233 (of 475)

□□□□□□: 1:39:32

□□□□□: 23(of 59)

□□□□□□□: 2:07:29

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:19 | 5:33 | 16 | 2:27 | 166 | 5:15 | 3.30 | 18:19 | 5:33 | 16 | 2:27 | 166 | 5:15 |
| Schlüsie | 3.10 | fehlt! | - | - | - | - | - | 6.40 | - | - | - | - | - | - |
| Hermannsklippe | 2.60 | 40:22 | 15:31 | 59 | 25:48 | 474 | 28:58 | 9.00 | 58:41 | 6:31 | 31 | 11:38 | 268 | 20:34 |
| Brocken | 3.10 | 32:13 | 10:23 | 36 | 7:46 | 309 | 14:10 | 12.10 | 1:30:54 | 7:30 | 32 | 19:24 | 282 | 34:44 |
| Eiserner Handwe | 3.60 | 16:40 | 4:37 | 8 | 1:47 | 92 | 4:48 | 15.70 | 1:47:34 | 6:51 | 29 | 21:11 | 249 | 39:32 |
| Schlüsie | 4.10 | 17:04 | 4:09 | 14 | 2:17 | 153 | 5:30 | 19.80 | 2:04:38 | 6:17 | 24 | 23:13 | 230 | 45:02 |
| Loddenke | 3.10 | 14:37 | 4:42 | 24 | 2:25 | 228 | 5:18 | 22.90 | 2:19:15 | 6:04 | 23 | 25:35 | 227 | 50:20 |
| Ilseburg/Markt | 3.30 | 16:49 | 5:05 | 32 | 3:01 | 276 | 6:12 | 26.20 | 2:36:04 | 5:57 | 23 | 28:35 | 233 | 56:32 |