



# 49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Heller, Carsten

□□: Leipzig

□□: 199

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:36:13

□□: 10.06 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 246 (of 581)

□□□□□/□: 235 (of 475)

□□□□□□: 1:39:32

□□□□□: 40(of 77)

□□□□□□□: 1:59:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:45    | 5:22         | 20      | 3:49    | 133     | 4:41    | 3.30  | 17:45     | 5:22      | 20            | 3:49    | 133     | 4:41    |         |
| Schlüsie        | 3.10     | 17:52    | 5:45         | 11      | 2:24    | 76      | 4:14    | 6.40  | 35:37     | 5:33      | 14            | 6:13    | 103     | 8:54    |         |
| Hermannsklippe  | 2.60     | 16:47    | 6:27         | 23      | 3:16    | 144     | 5:23    | 9.00  | 52:24     | 5:49      | 17            | 9:20    | 111     | 14:17   |         |
| Brocken         | 3.10     | 33:13    | 10:42        | 53      | 11:45   | 331     | 15:10   | 12.10 | 1:25:37   | 7:04      | 33            | 21:05   | 199     | 29:27   |         |
| Eiserner Handwe | 3.60     | 19:26    | 5:23         | 44      | 5:01    | 264     | 7:34    | 15.70 | 1:45:03   | 6:41      | 35            | 25:21   | 214     | 37:01   |         |
| Schlüsie        | 4.10     | 20:38    | 5:01         | 55      | 6:31    | 348     | 9:04    | 19.80 | 2:05:41   | 6:20      | 39            | 31:17   | 244     | 46:05   |         |
| Loddenke        | 3.10     | 15:21    | 4:57         | 48      | 3:41    | 288     | 6:02    | 22.90 | 2:21:02   | 6:09      | 41            | 34:45   | 253     | 52:07   |         |
| Ilseburg/Markt  | 3.30     | 15:11    | 4:36         | 25      | 2:09    | 148     | 4:34    | 26.20 | 2:36:13   | 5:57      | 40            | 36:47   | 235     | 56:41   |         |