



# 49. Brockenlauf Ilseburg / 07.09.2019

0000

Ziem, Thomas

00: Schönebeck

00: 581

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 2:41:39

00: 9.72 km/h

0000: 6:10 min/km

00000/000: 293 (of 581)

00000/0: 277 (of 475)

000000: 1:39:32

00000: 46(of 77)

0000000: 1:59:26

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     | 19:59    | 6:03         | 49      | 6:03    | 278     | 6:55    | 3.30  | 19:59     | 6:03          | 49      | 6:03    | 278     | 6:55    |
| Schlüsle        | 3.10     | 21:03    | 6:47         | 48      | 5:35    | 281     | 7:25    | 6.40  | 41:02     | 6:24          | 48      | 11:38   | 274     | 14:19   |
| Hermannsklippe  | 2.60     | 18:48    | 7:13         | 50      | 5:17    | 292     | 7:24    | 9.00  | 59:50     | 6:38          | 48      | 16:46   | 287     | 21:43   |
| Brocken         | 3.10     | 34:12    | 11:01        | 58      | 12:44   | 375     | 16:09   | 12.10 | 1:34:02   | 7:46          | 55      | 29:30   | 318     | 37:52   |
| Eiserner Handwe | 3.60     | 18:01    | 5:00         | 32      | 3:36    | 178     | 6:09    | 15.70 | 1:52:03   | 7:08          | 51      | 32:21   | 295     | 44:01   |
| Schlüsle        | 4.10     | 18:06    | 4:24         | 37      | 3:59    | 232     | 6:32    | 19.80 | 2:10:09   | 6:34          | 50      | 35:45   | 284     | 50:33   |
| Loddenke        | 3.10     | 14:44    | 4:45         | 41      | 3:04    | 241     | 5:25    | 22.90 | 2:24:53   | 6:19          | 48      | 38:36   | 282     | 55:58   |
| Ilseburg/Markt  | 3.30     | 16:46    | 5:04         | 47      | 3:44    | 272     | 6:09    | 26.20 | 2:41:39   | 6:10          | 46      | 42:13   | 277     | 1:02:07 |