



# 49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Rohwedder, Dennis

□□: Drübeck  
□□: 4

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M50 (50-54 Jahre)

□□□: 2:41:44

□□: 9.72 km/h  
□□□□: 6:10 min/km

□□□□□/□□□: 294 (of 581)

□□□□□/□: 278 (of 475)

□□□□□□: 1:39:32

□□□□□: 47(of 77)

□□□□□□□: 1:59:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:51    | 5:42         | 39      | 4:55    | 218     | 5:47    | 3.30  | 18:51     | 5:42          | 39      | 4:55    | 218     | 5:47    |
| Schlüsie        | 3.10     | 20:22    | 6:34         | 38      | 4:54    | 240     | 6:44    | 6.40  | 39:13     | 6:07          | 37      | 9:49    | 221     | 12:30   |
| Hermannsklippe  | 2.60     | 17:28    | 6:43         | 34      | 3:57    | 204     | 6:04    | 9.00  | 56:41     | 6:17          | 37      | 13:37   | 214     | 18:34   |
| Brocken         | 3.10     | 32:00    | 10:19        | 47      | 10:32   | 301     | 13:57   | 12.10 | 1:28:41   | 7:19          | 41      | 24:09   | 253     | 32:31   |
| Eiserner Handwe | 3.60     | 20:34    | 5:42         | 51      | 6:09    | 315     | 8:42    | 15.70 | 1:49:15   | 6:57          | 44      | 29:33   | 271     | 41:13   |
| Schlüsie        | 4.10     | 20:32    | 5:00         | 54      | 6:25    | 342     | 8:58    | 19.80 | 2:09:47   | 6:33          | 48      | 35:23   | 281     | 50:11   |
| Loddenke        | 3.10     | 15:15    | 4:55         | 46      | 3:35    | 281     | 5:56    | 22.90 | 2:25:02   | 6:20          | 49      | 38:45   | 283     | 56:07   |
| Ilseburg/Markt  | 3.30     | 16:42    | 5:03         | 45      | 3:40    | 263     | 6:05    | 26.20 | 2:41:44   | 6:10          | 47      | 42:18   | 278     | 1:02:12 |