



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Rolappe, Rüdiger

□□: 416

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M50 (50-54 Jahre)

□□□: 2:41:46

□□: 9.64 km/h
□□□□: 6:10 min/km

□□□□□/□□□: 296 (of 581)

□□□□□/□: 279 (of 475)

□□□□□□: 1:39:32

□□□□□: 48(of 77)

□□□□□□□: 1:59:26

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:10 | 6:06 | 50 | 6:14 | 288 | 7:06 | 3.30 | 20:10 | 6:06 | 50 | 6:14 | 288 | 7:06 | |
| Schlüsie | 3.10 | 20:26 | 6:35 | 39 | 4:58 | 244 | 6:48 | 6.40 | 40:36 | 6:20 | 46 | 11:12 | 260 | 13:53 | |
| Hermannsklippe | 2.60 | 17:53 | 6:52 | 37 | 4:22 | 235 | 6:29 | 9.00 | 58:29 | 6:29 | 43 | 15:25 | 260 | 20:22 | |
| Brocken | 3.10 | 32:29 | 10:28 | 50 | 11:01 | 315 | 14:26 | 12.10 | 1:30:58 | 7:31 | 47 | 26:26 | 284 | 34:48 | |
| Eiserner Handwe | 3.60 | 20:52 | 5:47 | 54 | 6:27 | 333 | 9:00 | 15.70 | 1:51:50 | 7:07 | 49 | 32:08 | 293 | 43:48 | |
| Schlüsie | 4.10 | 17:51 | 4:21 | 33 | 3:44 | 214 | 6:17 | 19.80 | 2:09:41 | 6:32 | 47 | 35:17 | 280 | 50:05 | |
| Loddenke | 3.10 | 14:45 | 4:45 | 42 | 3:05 | 243 | 5:26 | 22.90 | 2:24:26 | 6:18 | 47 | 38:09 | 278 | 55:31 | |
| Ilseburg/Markt | 3.30 | 17:20 | 5:15 | 55 | 4:18 | 309 | 6:43 | 26.20 | 2:41:46 | 6:10 | 48 | 42:20 | 279 | 1:02:14 | |