



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Seeliger, Jan

□□: Seeliger Brockenläufer
 □□: 473

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:42:12

□□: 9.62 km/h
 □□□□: 6:11 min/km

□□□□□/□□□: 298 (of 581)

□□□□□/□: 281 (of 475)

□□□□□□: 1:39:32

□□□□□: 50(of 77)

□□□□□□□: 1:59:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:25 | 5:53 | 44 | 5:29 | 250 | 6:21 | 3.30 | 19:25 | 5:53 | 44 | 5:29 | 250 | 6:21 |
| Schlüsie | 3.10 | 21:25 | 6:54 | 52 | 5:57 | 302 | 7:47 | 6.40 | 40:50 | 6:22 | 47 | 11:26 | 268 | 14:07 |
| Hermannsklippe | 2.60 | 19:33 | 7:31 | 56 | 6:02 | 335 | 8:09 | 9.00 | 1:00:23 | 6:42 | 52 | 17:19 | 298 | 22:16 |
| Brocken | 3.10 | 30:36 | 9:52 | 40 | 9:08 | 259 | 12:33 | 12.10 | 1:30:59 | 7:31 | 48 | 26:27 | 285 | 34:49 |
| Eiserner Handwe | 3.60 | 21:21 | 5:55 | 55 | 6:56 | 346 | 9:29 | 15.70 | 1:52:20 | 7:09 | 53 | 32:38 | 298 | 44:18 |
| Schlüsie | 4.10 | 19:01 | 4:38 | 44 | 4:54 | 277 | 7:27 | 19.80 | 2:11:21 | 6:38 | 51 | 36:57 | 290 | 51:45 |
| Loddenke | 3.10 | 15:07 | 4:52 | 45 | 3:27 | 270 | 5:48 | 22.90 | 2:26:28 | 6:23 | 50 | 40:11 | 285 | 57:33 |
| Ilseburg/Markt | 3.30 | 15:44 | 4:46 | 34 | 2:42 | 202 | 5:07 | 26.20 | 2:42:12 | 6:11 | 50 | 42:46 | 281 | 1:02:40 |