



49. Brockenlauf

Ilseburg / 07.09.2019

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Janssen, Stefan

□□: Hannover
 □□: 225

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:43:03

□□: 9.64 km/h
 □□□□: 6:13 min/km

□□□□□/□□□: 305 (of 581)

□□□□□/□: 286 (of 475)

□□□□□□: 1:39:32

□□□□□: 47(of 67)

□□□□□□□: 1:39:32

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:17 | 7:03 | 63 | 10:12 | 433 | 10:13 | 3.30 | 23:17 | 7:03 | 63 | 10:12 | 433 | 10:13 |
| Schlüsie | 3.10 | 23:11 | 7:28 | 62 | 9:33 | 390 | 9:33 | 6.40 | 46:28 | 7:15 | 62 | 19:45 | 406 | 19:45 |
| Hermannsklippe | 2.60 | 18:54 | 7:16 | 51 | 7:30 | 300 | 7:30 | 9.00 | 1:05:22 | 7:15 | 60 | 27:15 | 392 | 27:15 |
| Brocken | 3.10 | 30:21 | 9:47 | 43 | 12:18 | 248 | 12:18 | 12.10 | 1:35:43 | 7:54 | 57 | 39:33 | 347 | 39:33 |
| Eiserner Handwe | 3.60 | 19:11 | 5:19 | 44 | 7:19 | 248 | 7:19 | 15.70 | 1:54:54 | 7:19 | 54 | 46:52 | 318 | 46:52 |
| Schlüsie | 4.10 | 17:12 | 4:11 | 27 | 5:38 | 168 | 5:38 | 19.80 | 2:12:06 | 6:40 | 48 | 52:30 | 295 | 52:30 |
| Loddenke | 3.10 | 14:22 | 4:38 | 34 | 5:03 | 207 | 5:03 | 22.90 | 2:26:28 | 6:23 | 47 | 57:33 | 285 | 57:33 |
| Ilseburg/Markt | 3.30 | 16:35 | 5:01 | 43 | 5:58 | 257 | 5:58 | 26.20 | 2:43:03 | 6:13 | 47 | 1:03:31 | 286 | 1:03:31 |