



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Teske, Matthias

□□: Team Fritz

□□: 511

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:44:17

□□: 9.57 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 312 (of 581)

□□□□□/□: 290 (of 475)

□□□□□□: 1:39:32

□□□□□: 39(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:52 | 5:43 | 32 | 5:01 | 219 | 5:48 | 3.30 | 18:52 | 5:43 | 32 | 5:01 | 219 | 5:48 |
| Schlüsie | 3.10 | 20:59 | 6:46 | 39 | 6:06 | 276 | 7:21 | 6.40 | 39:51 | 6:13 | 33 | 11:03 | 243 | 13:08 |
| Hermannsklippe | 2.60 | 21:19 | 8:11 | 61 | 8:36 | 402 | 9:55 | 9.00 | 1:01:10 | 6:47 | 44 | 19:39 | 314 | 23:03 |
| Brocken | 3.10 | 32:05 | 10:20 | 41 | 10:58 | 302 | 14:02 | 12.10 | 1:33:15 | 7:42 | 41 | 30:37 | 310 | 37:05 |
| Eiserner Handwe | 3.60 | 19:34 | 5:26 | 40 | 6:20 | 269 | 7:42 | 15.70 | 1:52:49 | 7:11 | 41 | 36:56 | 300 | 44:47 |
| Schlüsie | 4.10 | 17:54 | 4:21 | 29 | 4:57 | 219 | 6:20 | 19.80 | 2:10:43 | 6:36 | 37 | 41:49 | 287 | 51:07 |
| Loddenke | 3.10 | 15:16 | 4:55 | 36 | 4:39 | 282 | 5:57 | 22.90 | 2:25:59 | 6:22 | 37 | 46:28 | 284 | 57:04 |
| Ilseburg/Markt | 3.30 | 18:18 | 5:32 | 50 | 6:23 | 346 | 7:41 | 26.20 | 2:44:17 | 6:16 | 39 | 52:51 | 290 | 1:04:45 |