



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Englert, Peter

□□: Worbis

□□: 128

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:45:30

□□: 9.43 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 326 (of 581)

□□□□□/□: 299 (of 475)

□□□□□□: 1:39:32

□□□□□: 21(of 40)

□□□□□□□: 2:17:19

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:35 | 5:56 | 19 | 2:46 | 261 | 6:31 | 3.30 | 19:35 | 5:56 | 19 | 2:46 | 261 | 6:31 |
| Schlüsie | 3.10 | 23:34 | 7:36 | 30 | 5:05 | 402 | 9:56 | 6.40 | 43:09 | 6:44 | 23 | 7:10 | 341 | 16:26 |
| Hermannsklippe | 2.60 | 21:01 | 8:04 | 28 | 5:27 | 392 | 9:37 | 9.00 | 1:04:10 | 7:07 | 24 | 12:22 | 369 | 26:03 |
| Brocken | 3.10 | 34:02 | 10:58 | 23 | 8:49 | 367 | 15:59 | 12.10 | 1:38:12 | 8:06 | 22 | 21:11 | 371 | 42:02 |
| Eiserner Handwe | 3.60 | 17:51 | 4:57 | 10 | 2:15 | 167 | 5:59 | 15.70 | 1:56:03 | 7:23 | 22 | 21:46 | 337 | 48:01 |
| Schlüsie | 4.10 | 17:05 | 4:10 | 9 | 2:01 | 156 | 5:31 | 19.80 | 2:13:08 | 6:43 | 21 | 23:06 | 308 | 53:32 |
| Loddenke | 3.10 | 14:51 | 4:47 | 18 | 2:05 | 250 | 5:32 | 22.90 | 2:27:59 | 6:27 | 21 | 25:11 | 294 | 59:04 |
| Ilseburg/Markt | 3.30 | 17:31 | 5:18 | 23 | 3:08 | 314 | 6:54 | 26.20 | 2:45:30 | 6:19 | 21 | 28:11 | 299 | 1:05:58 |