



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Holub, Ulrich

□□: SV Kyffhäuser

□□: 16

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:51:51

□□: 9.15 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 370 (of 581)

□□□□□/□: 337 (of 475)

□□□□□□: 1:39:32

□□□□□: 42(of 59)

□□□□□□□: 2:07:29

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:11    | 5:48         | 29      | 3:19    | 232     | 6:07    | 3.30  | 19:11     | 5:48      | 29            | 3:19    | 232     | 6:07    |         |
| Schlüsie        | 3.10     | 23:06    | 7:27         | 45      | 6:29    | 383     | 9:28    | 6.40  | 42:17     | 6:36      | 37            | 9:48    | 321     | 15:34   |         |
| Hermannsklippe  | 2.60     | 21:15    | 8:10         | 48      | 6:41    | 396     | 9:51    | 9.00  | 1:03:32   | 7:03      | 44            | 16:29   | 363     | 25:25   |         |
| Brocken         | 3.10     | 34:29    | 11:07        | 48      | 10:02   | 382     | 16:26   | 12.10 | 1:38:01   | 8:06      | 45            | 26:31   | 368     | 41:51   |         |
| Eiserner Handwe | 3.60     | 19:08    | 5:18         | 25      | 4:15    | 246     | 7:16    | 15.70 | 1:57:09   | 7:27      | 42            | 30:46   | 344     | 49:07   |         |
| Schlüsie        | 4.10     | 19:31    | 4:45         | 31      | 4:44    | 299     | 7:57    | 19.80 | 2:16:40   | 6:54      | 41            | 35:15   | 335     | 57:04   |         |
| Loddenke        | 3.10     | 16:14    | 5:14         | 45      | 4:02    | 346     | 6:55    | 22.90 | 2:32:54   | 6:40      | 41            | 39:14   | 334     | 1:03:59 |         |
| Ilseburg/Markt  | 3.30     | 18:57    | 5:44         | 47      | 5:09    | 373     | 8:20    | 26.20 | 2:51:51   | 6:33      | 42            | 44:22   | 337     | 1:12:19 |         |