



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Wiese, Matthias**

□□: Wildau bei Königs Wusterhausen  
 □□: 13

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:58:21

□□: 8.75 km/h  
 □□□□: 6:49 min/km

□□□□□/□□□: 419 (of 581)

□□□□□/□: 375 (of 475)

□□□□□□: 1:39:32

□□□□□: 47(of 59)

□□□□□□□: 2:07:29

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:11    | 6:25         | 41      | 5:19    | 353     | 8:07    | 3.30  | 21:11     | 6:25          | 41      | 5:19    | 353     | 8:07    |
| Schlüsie        | 3.10     | 22:54    | 7:23         | 44      | 6:17    | 372     | 9:16    | 6.40  | 44:05     | 6:53          | 44      | 11:36   | 372     | 17:22   |
| Hermannsklippe  | 2.60     | 21:57    | 8:26         | 50      | 7:23    | 415     | 10:33   | 9.00  | 1:06:02   | 7:20          | 47      | 18:59   | 399     | 27:55   |
| Brocken         | 3.10     | 35:13    | 11:21        | 49      | 10:46   | 394     | 17:10   | 12.10 | 1:41:15   | 8:22          | 49      | 29:45   | 396     | 45:05   |
| Eiserner Handwe | 3.60     | 22:46    | 6:19         | 47      | 7:53    | 388     | 10:54   | 15.70 | 2:04:01   | 7:53          | 49      | 37:38   | 399     | 55:59   |
| Schlüsie        | 4.10     | 20:14    | 4:56         | 38      | 5:27    | 329     | 8:40    | 19.80 | 2:24:15   | 7:17          | 46      | 42:50   | 384     | 1:04:39 |
| Loddenke        | 3.10     | 15:25    | 4:58         | 32      | 3:13    | 296     | 6:06    | 22.90 | 2:39:40   | 6:58          | 46      | 46:00   | 374     | 1:10:45 |
| Ilseburg/Markt  | 3.30     | 18:41    | 5:39         | 45      | 4:53    | 363     | 8:04    | 26.20 | 2:58:21   | 6:48          | 47      | 50:52   | 375     | 1:18:49 |