



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Schwenke, Jan

□□: Hannover
 □□: 469

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:59:31

□□: 8.76 km/h
 □□□□: 6:51 min/km

□□□□□/□□□: 431 (of 581)

□□□□□/□: 385 (of 475)

□□□□□□: 1:39:32

□□□□□: 61(of 67)

□□□□□□□: 1:39:32

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□□□

| □□□ | □□ 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 | 23:12 | 7:29 | 63 | 9:34 | 392 | 9:34 | 6.40 | 46:29 | 7:15 | 63 | 19:46 | 408 | 19:46 |
| Hermannsklippe | 2.60 | 19:40 | 7:33 | 57 | 8:16 | 345 | 8:16 | 9.00 | 1:06:09 | 7:21 | 61 | 28:02 | 402 | 28:02 |
| Brocken | 3.10 | 34:00 | 10:58 | 62 | 15:57 | 365 | 15:57 | 12.10 | 1:40:09 | 8:16 | 61 | 43:59 | 384 | 43:59 |
| Eiserner Handwe | 3.60 | 20:53 | 5:48 | 51 | 9:01 | 336 | 9:01 | 15.70 | 2:01:02 | 7:42 | 59 | 53:00 | 373 | 53:00 |
| Schlüsie | 4.10 | 21:06 | 5:08 | 58 | 9:32 | 372 | 9:32 | 19.80 | 2:22:08 | 7:10 | 59 | 1:02:32 | 370 | 1:02:32 |
| Loddenke | 3.10 | 17:42 | 5:42 | 60 | 8:23 | 406 | 8:23 | 22.90 | 2:39:50 | 6:58 | 60 | 1:10:55 | 378 | 1:10:55 |
| Ilseburg/Markt | 3.30 | 19:41 | 5:57 | 60 | 9:04 | 399 | 9:04 | 26.20 | 2:59:31 | 6:51 | 61 | 1:19:59 | 385 | 1:19:59 |