



49. Brockenlauf

Ilseburg / 07.09.2019

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Kukral, Martin

□□: LGV Marathon Giessen
 □□: 288

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:01:54

□□: 8.64 km/h
 □□□□: 6:56 min/km

□□□□□/□□□: 444 (of 581)

□□□□□/□: 394 (of 475)

□□□□□□: 1:39:32

□□□□□: 49(of 59)

□□□□□□□: 2:07:29

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:45 | 6:53 | 50 | 6:53 | 415 | 9:41 | 3.30 | 22:45 | 6:53 | 50 | 6:53 | 415 | 9:41 |
| Schlüsie | 3.10 | 23:06 | 7:27 | 45 | 6:29 | 383 | 9:28 | 6.40 | 45:51 | 7:09 | 48 | 13:22 | 401 | 19:08 |
| Hermannsklippe | 2.60 | 20:27 | 7:51 | 46 | 5:53 | 365 | 9:03 | 9.00 | 1:06:18 | 7:21 | 50 | 19:15 | 405 | 28:11 |
| Brocken | 3.10 | 36:28 | 11:45 | 51 | 12:01 | 417 | 18:25 | 12.10 | 1:42:46 | 8:29 | 50 | 31:16 | 407 | 46:36 |
| Eiserner Handwe | 3.60 | 24:14 | 6:43 | 53 | 9:21 | 418 | 12:22 | 15.70 | 2:07:00 | 8:05 | 50 | 40:37 | 413 | 58:58 |
| Schlüsie | 4.10 | 21:37 | 5:16 | 47 | 6:50 | 391 | 10:03 | 19.80 | 2:28:37 | 7:30 | 50 | 47:12 | 415 | 1:09:01 |
| Loddenke | 3.10 | 16:04 | 5:10 | 42 | 3:52 | 333 | 6:45 | 22.90 | 2:44:41 | 7:11 | 49 | 51:01 | 406 | 1:15:46 |
| Ilseburg/Markt | 3.30 | 17:13 | 5:13 | 39 | 3:25 | 299 | 6:36 | 26.20 | 3:01:54 | 6:56 | 49 | 54:25 | 394 | 1:22:22 |