



49. Brockenlauf

Ilseburg / 07.09.2019

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Hollmann, Patrick

□□: Wilhelmshaven

□□: 213

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:02:54

□□: 8.53 km/h

□□□□: 6:59 min/km

□□□□□/□□□: 454 (of 581)

□□□□□/□: 401 (of 475)

□□□□□□: 1:39:32

□□□□□: 41(of 47)

□□□□□□□: 1:47:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:24 | 6:29 | 38 | 8:20 | 370 | 8:20 | 3.30 | 21:24 | 6:29 | 38 | 8:20 | 370 | 8:20 |
| Schlüsie | 3.10 | 21:53 | 7:03 | 37 | 7:45 | 337 | 8:15 | 6.40 | 43:17 | 6:45 | 37 | 15:52 | 346 | 16:34 |
| Hermannsklippe | 2.60 | 22:03 | 8:28 | 42 | 9:39 | 418 | 10:39 | 9.00 | 1:05:20 | 7:15 | 42 | 25:31 | 391 | 27:13 |
| Brocken | 3.10 | 36:02 | 11:37 | 43 | 16:12 | 409 | 17:59 | 12.10 | 1:41:22 | 8:22 | 41 | 41:26 | 398 | 45:12 |
| Eiserner Handwe | 3.60 | 21:09 | 5:52 | 36 | 8:22 | 341 | 9:17 | 15.70 | 2:02:31 | 7:48 | 41 | 49:03 | 385 | 54:29 |
| Schlüsie | 4.10 | 20:42 | 5:02 | 37 | 8:40 | 356 | 9:08 | 19.80 | 2:23:13 | 7:13 | 40 | 57:22 | 379 | 1:03:37 |
| Loddenke | 3.10 | 19:14 | 6:12 | 43 | 9:13 | 437 | 9:55 | 22.90 | 2:42:27 | 7:05 | 41 | 1:06:06 | 390 | 1:13:32 |
| Ilseburg/Markt | 3.30 | 20:27 | 6:11 | 42 | 9:29 | 424 | 9:50 | 26.20 | 3:02:54 | 6:58 | 41 | 1:15:09 | 401 | 1:23:22 |