



# 49. Brockenlauf

Ilseburg / 07.09.2019

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Januschkewitz, Stephan

□□: Bremen

□□: 226

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:03:34

□□: 8.56 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 459 (of 581)

□□□□□/□: 405 (of 475)

□□□□□□: 1:39:32

□□□□□: 63(of 67)

□□□□□□□: 1:39:32

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:19    | 7:03         | 65      | 10:14   | 435     | 10:15   | 3.30  | 23:19     | 7:03          | 65      | 10:14   | 435     | 10:15   |
| Schlüsie        | 3.10     | 25:52    | 8:20         | 67      | 12:14   | 440     | 12:14   | 6.40  | 49:11     | 7:41          | 67      | 22:28   | 440     | 22:28   |
| Hermannsklippe  | 2.60     | 22:14    | 8:33         | 65      | 10:50   | 424     | 10:50   | 9.00  | 1:11:25   | 7:56          | 66      | 33:18   | 439     | 33:18   |
| Brocken         | 3.10     | 33:56    | 10:56        | 61      | 15:53   | 362     | 15:53   | 12.10 | 1:45:21   | 8:42          | 66      | 49:11   | 422     | 49:11   |
| Eiserner Handwe | 3.60     | 22:09    | 6:09         | 57      | 10:17   | 373     | 10:17   | 15.70 | 2:07:30   | 8:07          | 65      | 59:28   | 417     | 59:28   |
| Schlüsie        | 4.10     | 20:39    | 5:02         | 52      | 9:05    | 349     | 9:05    | 19.80 | 2:28:09   | 7:28          | 63      | 1:08:33 | 412     | 1:08:33 |
| Loddenke        | 3.10     | 16:27    | 5:18         | 54      | 7:08    | 355     | 7:08    | 22.90 | 2:44:36   | 7:11          | 63      | 1:15:41 | 405     | 1:15:41 |
| Ilseburg/Markt  | 3.30     | 18:58    | 5:44         | 55      | 8:21    | 375     | 8:21    | 26.20 | 3:03:34   | 7:00          | 63      | 1:24:02 | 405     | 1:24:02 |