



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Gerhardt, Hans-Joachim

□□: Berlin

□□: 165

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:04:00

□□: 8.54 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 464 (of 581)

□□□□□/□: 407 (of 475)

□□□□□□: 1:39:32

□□□□□: 31(of 40)

□□□□□□□: 2:17:19

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:00 | 6:58 | 34 | 6:11 | 427 | 9:56 | 3.30 | 23:00 | 6:58 | 34 | 6:11 | 427 | 9:56 |
| Schlüsie | 3.10 | 24:59 | 8:03 | 32 | 6:30 | 423 | 11:21 | 6.40 | 47:59 | 7:29 | 34 | 12:00 | 425 | 21:16 |
| Hermannsklippe | 2.60 | 22:09 | 8:31 | 32 | 6:35 | 420 | 10:45 | 9.00 | 1:10:08 | 7:47 | 32 | 18:20 | 427 | 32:01 |
| Brocken | 3.10 | 38:46 | 12:30 | 33 | 13:33 | 437 | 20:43 | 12.10 | 1:48:54 | 9:00 | 34 | 31:53 | 436 | 52:44 |
| Eiserner Handwe | 3.60 | 20:21 | 5:39 | 26 | 4:45 | 306 | 8:29 | 15.70 | 2:09:15 | 8:13 | 32 | 34:58 | 427 | 1:01:13 |
| Schlüsie | 4.10 | 19:45 | 4:49 | 28 | 4:41 | 306 | 8:11 | 19.80 | 2:29:00 | 7:31 | 31 | 38:58 | 418 | 1:09:24 |
| Loddenke | 3.10 | 16:26 | 5:18 | 28 | 3:40 | 354 | 7:07 | 22.90 | 2:45:26 | 7:13 | 31 | 42:38 | 412 | 1:16:31 |
| Ilseburg/Markt | 3.30 | 18:34 | 5:37 | 27 | 4:11 | 356 | 7:57 | 26.20 | 3:04:00 | 7:01 | 31 | 46:41 | 407 | 1:24:28 |