



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Nikodem, Florian**

□□: Peine

□□: 364

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:04:57

□□: 8.50 km/h

□□□□: 7:04 min/km

□□□□□/□□□: 469 (of 581)

□□□□□/□: 409 (of 475)

□□□□□□: 1:39:32

□□□□□: 43(of 47)

□□□□□□□: 1:47:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:23    | 6:10         | 31      | 7:19    | 303     | 7:19    | 3.30  | 20:23     | 6:10          | 31      | 7:19    | 303     | 7:19    |
| Schlüsie        | 3.10     | 21:26    | 6:54         | 34      | 7:18    | 304     | 7:48    | 6.40  | 41:49     | 6:32          | 32      | 14:24   | 299     | 15:06   |
| Hermannsklippe  | 2.60     | 19:18    | 7:25         | 35      | 6:54    | 319     | 7:54    | 9.00  | 1:01:07   | 6:47          | 35      | 21:18   | 313     | 23:00   |
| Brocken         | 3.10     | 33:59    | 10:57        | 38      | 14:09   | 364     | 15:56   | 12.10 | 1:35:06   | 7:51          | 37      | 35:10   | 334     | 38:56   |
| Eiserner Handwe | 3.60     | 24:15    | 6:44         | 41      | 11:28   | 419     | 12:23   | 15.70 | 1:59:21   | 7:36          | 37      | 45:53   | 360     | 51:19   |
| Schlüsie        | 4.10     | 25:13    | 6:09         | 45      | 13:11   | 447     | 13:39   | 19.80 | 2:24:34   | 7:18          | 42      | 58:43   | 387     | 1:04:58 |
| Loddenke        | 3.10     | 19:49    | 6:23         | 44      | 9:48    | 444     | 10:30   | 22.90 | 2:44:23   | 7:10          | 43      | 1:08:02 | 404     | 1:15:28 |
| Ilseburg/Markt  | 3.30     | 20:34    | 6:13         | 43      | 9:36    | 426     | 9:57    | 26.20 | 3:04:57   | 7:03          | 43      | 1:17:12 | 409     | 1:25:25 |