



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Jahn, Dieter**

□□: NIXtunkannjeder

□□: 613

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:16:04

□□: 7.96 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 507 (of 581)

□□□□□/□: 432 (of 475)

□□□□□□: 1:39:32

□□□□□: 54(of 55)

□□□□□□□: 1:53:46

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 22:54    | 6:56         | 52      | 9:12    | 424     | 9:50    | 3.30  | 22:54     | 6:56      | 52            | 9:12    | 424     | 9:50    |         |
| Schlüsie        | 3.10     | 23:52    | 7:41         | 51      | 8:48    | 407     | 10:14   | 6.40  | 46:46     | 7:18      | 52            | 17:58   | 412     | 20:03   |         |
| Hermannsklippe  | 2.60     | 21:15    | 8:10         | 50      | 8:20    | 396     | 9:51    | 9.00  | 1:08:01   | 7:33      | 51            | 26:09   | 415     | 29:54   |         |
| Brocken         | 3.10     | 33:23    | 10:46        | 44      | 12:57   | 338     | 15:20   | 12.10 | 1:41:24   | 8:22      | 51            | 38:26   | 400     | 45:14   |         |
| Eiserner Handwe | 3.60     | 26:27    | 7:20         | 55      | 13:17   | 453     | 14:35   | 15.70 | 2:07:51   | 8:08      | 53            | 50:22   | 420     | 59:49   |         |
| Schlüsie        | 4.10     | 24:34    | 5:59         | 54      | 11:48   | 438     | 13:00   | 19.80 | 2:32:25   | 7:41      | 53            | 1:02:10 | 427     | 1:12:49 |         |
| Loddenke        | 3.10     | 21:07    | 6:48         | 55      | 10:20   | 457     | 11:48   | 22.90 | 2:53:32   | 7:34      | 54            | 1:12:19 | 431     | 1:24:37 |         |
| Ilseburg/Markt  | 3.30     | 22:32    | 6:49         | 54      | 10:23   | 444     | 11:55   | 26.20 | 3:16:04   | 7:29      | 54            | 1:22:18 | 432     | 1:36:32 |         |