



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Sørensen, Bent

□□: Faaborg Ski- og Motionsklub
 □□: 486

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M75 (75 und älter)

□□□: 3:16:09

□□: 8.01 km/h
 □□□□: 7:29 min/km

□□□□□/□□□: 508 (of 581)

□□□□□/□: 433 (of 475)

□□□□□□: 1:39:32

□□□□□: 2(of 3)

□□□□□□□: 2:59:27

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 28:24 | 8:36 | 3 | 6:59 | 473 | 15:20 | 3.30 | 28:24 | 8:36 | 3 | 6:59 | 473 | 15:20 |
| Schlüsie | 3.10 | 27:41 | 8:55 | 3 | 4:14 | 459 | 14:03 | 6.40 | 56:05 | 8:45 | 3 | 11:13 | 467 | 29:22 |
| Hermannsklippe | 2.60 | 25:24 | 9:46 | 3 | 4:29 | 459 | 14:00 | 9.00 | 1:21:29 | 9:03 | 3 | 15:42 | 471 | 43:22 |
| Brocken | 3.10 | 39:14 | 12:39 | 2 | 3:25 | 441 | 21:11 | 12.10 | 2:00:43 | 9:58 | 3 | 19:07 | 466 | 1:04:33 |
| Eiserner Handwe | 3.60 | 21:19 | 5:55 | 2 | 0:30 | 345 | 9:27 | 15.70 | 2:22:02 | 9:02 | 3 | 19:37 | 455 | 1:14:00 |
| Schlüsie | 4.10 | 20:10 | 4:55 | 1 | - | 323 | 8:36 | 19.80 | 2:42:12 | 8:11 | 2 | 19:26 | 448 | 1:22:36 |
| Loddenke | 3.10 | 15:25 | 4:58 | 1 | - | 296 | 6:06 | 22.90 | 2:57:37 | 7:45 | 2 | 17:46 | 437 | 1:28:42 |
| Ilseburg/Markt | 3.30 | 18:32 | 5:36 | 1 | - | 354 | 7:55 | 26.20 | 3:16:09 | 7:29 | 2 | 16:42 | 433 | 1:36:37 |