



49. Brockenlauf

Ilseburg / 07.09.2019

□□□□

Wolff, Gerhard

□□: Ronnenberg

□□: 572

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:16:46

□□: 7.99 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 513 (of 581)

□□□□□/□: 435 (of 475)

□□□□□□: 1:39:32

□□□□□: 64(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 25:09 | 7:37 | 68 | 11:18 | 463 | 12:05 | 3.30 | 25:09 | 7:37 | 68 | 11:18 | 463 | 12:05 | |
| Schlüsie | 3.10 | 27:02 | 8:43 | 66 | 12:09 | 451 | 13:24 | 6.40 | 52:11 | 8:09 | 67 | 23:23 | 456 | 25:28 | |
| Hermannsklippe | 2.60 | 22:54 | 8:48 | 65 | 10:11 | 432 | 11:30 | 9.00 | 1:15:05 | 8:20 | 67 | 33:34 | 454 | 36:58 | |
| Brocken | 3.10 | 36:59 | 11:55 | 63 | 15:52 | 425 | 18:56 | 12.10 | 1:52:04 | 9:15 | 66 | 49:26 | 447 | 55:54 | |
| Eiserner Handwe | 3.60 | 25:54 | 7:11 | 67 | 12:40 | 447 | 14:02 | 15.70 | 2:17:58 | 8:47 | 66 | 1:02:05 | 450 | 1:09:56 | |
| Schlüsie | 4.10 | 23:44 | 5:47 | 64 | 10:47 | 431 | 12:10 | 19.80 | 2:41:42 | 8:10 | 66 | 1:12:48 | 445 | 1:22:06 | |
| Loddenke | 3.10 | 17:32 | 5:39 | 61 | 6:55 | 400 | 8:13 | 22.90 | 2:59:14 | 7:49 | 66 | 1:19:43 | 443 | 1:30:19 | |
| Ilseburg/Markt | 3.30 | 17:32 | 5:18 | 41 | 5:37 | 316 | 6:55 | 26.20 | 3:16:46 | 7:30 | 64 | 1:25:20 | 435 | 1:37:14 | |