



# 49. Brockenlauf

Ilseburg / 07.09.2019

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**Kamphoff, Dirk**

□□: TC Merseburg

□□: 612

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:22:47

□□: 7.75 km/h

□□□□: 7:44 min/km

□□□□□/□□□: 527 (of 581)

□□□□□/□: 444 (of 475)

□□□□□□: 1:39:32

□□□□□: 66(of 68)

□□□□□□□: 1:51:26

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:15    | 6:08         | 42      | 6:24    | 292     | 7:11    | 3.30  | 20:15     | 6:08          | 42      | 6:24    | 292     | 7:11    |
| Schlüsie        | 3.10     | 21:38    | 6:58         | 48      | 6:45    | 321     | 8:00    | 6.40  | 41:53     | 6:32          | 44      | 13:05   | 302     | 15:10   |
| Hermannsklippe  | 2.60     | 20:57    | 8:03         | 57      | 8:14    | 389     | 9:33    | 9.00  | 1:02:50   | 6:58          | 54      | 21:19   | 348     | 24:43   |
| Brocken         | 3.10     | 33:37    | 10:50        | 51      | 12:30   | 350     | 15:34   | 12.10 | 1:36:27   | 7:58          | 53      | 33:49   | 354     | 40:17   |
| Eiserner Handwe | 3.60     | 19:01    | 5:16         | 34      | 5:47    | 236     | 7:09    | 15.70 | 1:55:28   | 7:21          | 50      | 39:35   | 330     | 47:26   |
| Schlüsie        | 4.10     | 28:34    | 6:58         | 68      | 15:37   | 466     | 17:00   | 19.80 | 2:24:02   | 7:16          | 58      | 55:08   | 383     | 1:04:26 |
| Loddenke        | 3.10     | 28:13    | 9:06         | 68      | 17:36   | 472     | 18:54   | 22.90 | 2:52:15   | 7:31          | 64      | 1:12:44 | 427     | 1:23:20 |
| Ilseburg/Markt  | 3.30     | 30:32    | 9:15         | 68      | 18:37   | 472     | 19:55   | 26.20 | 3:22:47   | 7:44          | 66      | 1:31:21 | 444     | 1:43:15 |