



# 50. Brockenlauf

Ilseburg / 04.09.2021

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Ohlhorst, Frank

□□: Team Erdinger Alkoholfrei

□□: 328

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:22:36

□□: 11.02 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 103 (of 467)

□□□□□/□: 97 (of 387)

□□□□□□: 1:40:22

□□□□□: 14 (of 67)

□□□□□□□: 2:02:48

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:45    | 5:22         | 13      | 2:23    | 101     | 5:14    | 3.30  | 17:45     | 5:22          | 13      | 2:23    | 101     | 5:14    |
| Schlüsie        | 3.10     | 19:33    | 6:18         | 19      | 3:39    | 126     | 6:29    | 6.40  | 37:18     | 5:49          | 18      | 5:50    | 112     | 11:42   |
| Hermannsklippe  | 2.60     | 17:34    | 6:45         | 22      | 3:28    | 142     | 6:13    | 9.00  | 54:52     | 6:05          | 19      | 9:18    | 127     | 17:55   |
| Brocken         | 3.10     | 28:20    | 9:08         | 23      | 6:15    | 138     | 10:33   | 12.10 | 1:23:12   | 6:52          | 19      | 15:33   | 129     | 28:28   |
| Eiserner Handwe | 3.60     | 15:58    | 4:26         | 9       | 1:23    | 60      | 3:38    | 15.70 | 1:39:10   | 6:18          | 16      | 16:04   | 106     | 32:05   |
| Schlüsie        | 4.10     | 15:36    | 3:48         | 8       | 1:57    | 67      | 4:00    | 19.80 | 1:54:46   | 5:47          | 16      | 16:53   | 100     | 35:41   |
| Loddenke        | 3.10     | 13:15    | 4:16         | 14      | 1:37    | 85      | 3:20    | 22.90 | 2:08:01   | 5:35          | 16      | 18:25   | 99      | 38:50   |
| Ilseburg/Markt  | 3.30     | 14:35    | 4:25         | 13      | 1:39    | 95      | 3:47    | 26.20 | 2:22:36   | 5:26          | 14      | 19:48   | 97      | 42:14   |