



50. Brockenlauf

Ilseburg / 04.09.2021

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Thies, Raphael

□□: Göttinger

□□: 463

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:08:08

□□: 12.27 km/h

□□□□: 4:53 min/km

□□□□□/□□□: 40 (of 467)

□□□□□/□: 39 (of 387)

□□□□□□: 1:40:22

□□□□□: 8 (of 59)

□□□□□□□: 1:47:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:58 | 4:32 | 7 | 1:18 | 25 | 2:27 | 3.30 | 14:58 | 4:32 | 7 | 1:18 | 25 | 2:27 |
| Schlüsie | 3.10 | 16:04 | 5:10 | 5 | 1:32 | 23 | 3:00 | 6.40 | 31:02 | 4:50 | 5 | 2:50 | 21 | 5:26 |
| Hermannsklippe | 2.60 | 14:03 | 5:24 | 4 | 1:23 | 20 | 2:42 | 9.00 | 45:05 | 5:00 | 5 | 4:13 | 22 | 8:08 |
| Brocken | 3.10 | 22:37 | 7:17 | 5 | 2:44 | 22 | 4:50 | 12.10 | 1:07:42 | 5:35 | 5 | 6:46 | 24 | 12:58 |
| Eiserner Handwe | 3.60 | 16:01 | 4:26 | 10 | 3:13 | 62 | 3:41 | 15.70 | 1:23:43 | 5:19 | 5 | 9:59 | 25 | 16:38 |
| Schlüsie | 4.10 | 15:47 | 3:50 | 15 | 3:39 | 77 | 4:11 | 19.80 | 1:39:30 | 5:01 | 5 | 13:38 | 27 | 20:25 |
| Loddenke | 3.10 | 13:38 | 4:23 | 20 | 3:30 | 109 | 3:43 | 22.90 | 1:53:08 | 4:56 | 6 | 17:08 | 35 | 23:57 |
| Ilseburg/Markt | 3.30 | 15:00 | 4:32 | 23 | 3:51 | 116 | 4:12 | 26.20 | 2:08:08 | 4:53 | 8 | 20:59 | 39 | 27:46 |