



50. Brockenlauf

Ilseburg / 04.09.2021

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Knauer, Daniel

□□: Brockenlaufverein
 □□: 235

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:15:19

□□: 11.62 km/h
 □□□□: 5:10 min/km

□□□□□/□□□: 66 (of 467)

□□□□□/□: 64 (of 387)

□□□□□□: 1:40:22

□□□□□: 14 (of 59)

□□□□□□□: 1:47:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:54 | 4:30 | 6 | 1:14 | 24 | 2:23 | 3.30 | 14:54 | 4:30 | 6 | 1:14 | 24 | 2:23 |
| Schlüsie | 3.10 | 17:24 | 5:36 | 10 | 2:52 | 45 | 4:20 | 6.40 | 32:18 | 5:02 | 9 | 4:06 | 34 | 6:42 |
| Hermannsklippe | 2.60 | 15:38 | 6:00 | 15 | 2:58 | 62 | 4:17 | 9.00 | 47:56 | 5:19 | 10 | 7:04 | 39 | 10:59 |
| Brocken | 3.10 | 25:44 | 8:18 | 16 | 5:51 | 78 | 7:57 | 12.10 | 1:13:40 | 6:05 | 11 | 12:44 | 50 | 18:56 |
| Eiserner Handwe | 3.60 | 16:03 | 4:27 | 11 | 3:15 | 63 | 3:43 | 15.70 | 1:29:43 | 5:42 | 10 | 15:59 | 49 | 22:38 |
| Schlüsie | 4.10 | 14:47 | 3:36 | 8 | 2:39 | 40 | 3:11 | 19.80 | 1:44:30 | 5:16 | 10 | 18:38 | 50 | 25:25 |
| Loddenke | 3.10 | 13:16 | 4:16 | 15 | 3:08 | 86 | 3:21 | 22.90 | 1:57:46 | 5:08 | 11 | 21:46 | 53 | 28:35 |
| Ilseburg/Markt | 3.30 | 17:33 | 5:19 | 40 | 6:24 | 250 | 6:45 | 26.20 | 2:15:19 | 5:09 | 14 | 28:10 | 64 | 34:57 |