



50. Brockenlauf

Ilseburg / 04.09.2021

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Spiakermann, Tim

□□: Jade

□□: 534

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:03:15

□□: 8.58 km/h

□□□□: 6:59 min/km

□□□□□/□□□: 368 (of 467)

□□□□□/□: 321 (of 387)

□□□□□□: 1:40:22

□□□□□: 34(of 36)

□□□□□□□: 1:50:42

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:33 | 6:31 | 35 | 8:19 | 312 | 9:02 | 3.30 | 21:33 | 6:31 | 37 | 8:19 | 388 | 9:02 |
| Schlüsie | 3.10 | 22:53 | 7:22 | 34 | 7:53 | 289 | 9:49 | 6.40 | 44:26 | 6:56 | 37 | 15:59 | 388 | 18:50 |
| Hermannsklippe | 2.60 | 18:57 | 7:17 | 31 | 5:35 | 229 | 7:36 | 9.00 | 1:03:23 | 7:02 | 37 | 21:34 | 388 | 26:26 |
| Brocken | 3.10 | 32:04 | 10:20 | 30 | 11:18 | 247 | 14:17 | 12.10 | 1:35:27 | 7:53 | 37 | 32:18 | 388 | 40:43 |
| Eiserner Handwe | 3.60 | 24:08 | 6:42 | 36 | 11:23 | 353 | 11:48 | 15.70 | 1:59:35 | 7:37 | 37 | 43:16 | 388 | 52:30 |
| Schlüsie | 4.10 | 24:17 | 5:55 | 36 | 11:47 | 359 | 12:41 | 19.80 | 2:23:52 | 7:15 | 37 | 55:03 | 388 | 1:04:47 |
| Loddenke | 3.10 | 19:29 | 6:17 | 36 | 9:03 | 348 | 9:34 | 22.90 | 2:43:21 | 7:07 | 37 | 1:04:06 | 384 | 1:14:10 |
| Ilseburg/Markt | 3.30 | 19:54 | 6:01 | 35 | 8:28 | 334 | 9:06 | 26.20 | 3:03:15 | 6:59 | 34 | 1:12:33 | 321 | 1:22:53 |