



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Wernicke, Raik**

□□: TGS Walldorf  
 □□: 180

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 3:09:56

□□: 8.28 km/h  
 □□□□: 7:15 min/km

□□□□□/□□□: 398 (of 467)

□□□□□/□: 340 (of 387)

□□□□□□: 1:40:22

□□□□□: 57 (of 66)

□□□□□□□: 1:57:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:34	6:50	60	8:01	352	10:03	3.30	22:34	6:50	60	8:01	352	10:03
Schlüsie	3.10	25:02	8:04	61	9:24	357	11:58	6.40	47:36	7:26	60	17:25	352	22:00
Hermannsklippe	2.60	22:31	8:39	59	8:33	354	11:10	9.00	1:10:07	7:47	61	25:58	354	33:10
Brocken	3.10	36:25	11:44	59	13:46	331	18:38	12.10	1:46:32	8:48	61	39:44	347	51:48
Eiserner Handwe	3.60	23:15	6:27	59	9:37	335	10:55	15.70	2:09:47	8:15	58	49:21	346	1:02:42
Schlüsie	4.10	20:45	5:03	46	7:40	287	9:09	19.80	2:30:32	7:36	56	57:01	334	1:11:27
Loddenke	3.10	18:35	5:59	61	7:27	334	8:40	22.90	2:49:07	7:23	56	1:04:28	334	1:19:56
Ilseburg/Markt	3.30	20:49	6:18	64	8:27	355	10:01	26.20	3:09:56	7:14	57	1:12:55	340	1:29:34