



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Bergmann, Martin

□□: Triathlon Team Hamburg

□□: 58

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:30:03

□□: 10.40 km/h

□□□□: 5:44 min/km

□□□□□/□□□: 156 (of 467)

□□□□□/□: 145 (of 387)

□□□□□□: 1:40:22

□□□□□: 21(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:05 | 5:46 | 28 | 4:32 | 184 | 6:34 | 3.30 | 19:05 | 5:46 | 67 | 4:32 | 388 | 6:34 |
| Schlüsie | 3.10 | 19:47 | 6:22 | 20 | 4:09 | 138 | 6:43 | 6.40 | 38:52 | 6:04 | 67 | 8:41 | 388 | 13:16 |
| Hermannsklippe | 2.60 | 16:36 | 6:23 | 14 | 2:38 | 101 | 5:15 | 9.00 | 55:28 | 6:09 | 67 | 11:19 | 388 | 18:31 |
| Brocken | 3.10 | 27:24 | 8:50 | 17 | 4:45 | 116 | 9:37 | 12.10 | 1:22:52 | 6:50 | 67 | 16:04 | 388 | 28:08 |
| Eiserner Handwe | 3.60 | 19:39 | 5:27 | 36 | 6:01 | 208 | 7:19 | 15.70 | 1:42:31 | 6:31 | 67 | 22:05 | 388 | 35:26 |
| Schlüsie | 4.10 | 18:30 | 4:30 | 31 | 5:25 | 199 | 6:54 | 19.80 | 2:01:01 | 6:06 | 67 | 27:30 | 388 | 41:56 |
| Loddenke | 3.10 | 14:12 | 4:34 | 24 | 3:04 | 147 | 4:17 | 22.90 | 2:15:13 | 5:54 | 67 | 30:34 | 384 | 46:02 |
| Ilseburg/Markt | 3.30 | 14:50 | 4:29 | 18 | 2:28 | 105 | 4:02 | 26.20 | 2:30:03 | 5:43 | 21 | 33:02 | 145 | 49:41 |