



50. Brockenlauf

Ilseburg / 04.09.2021

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Reinecke, Frank

□□: Brockenlaufverein
 □□: 16

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:05:26

□□: 12.44 km/h
 □□□□: 4:47 min/km

□□□□□/□□□: 28 (of 467)

□□□□□/□: 27 (of 387)

□□□□□□: 1:40:22

□□□□□: 2(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:14 | 4:55 | 5 | 1:41 | 48 | 3:43 | 3.30 | 16:14 | 4:55 | 67 | 1:41 | 388 | 3:43 |
| Schlüsie | 3.10 | 17:10 | 5:32 | 3 | 1:32 | 39 | 4:06 | 6.40 | 33:24 | 5:13 | 67 | 3:13 | 388 | 7:48 |
| Hermannsklippe | 2.60 | 14:42 | 5:39 | 3 | 0:44 | 33 | 3:21 | 9.00 | 48:06 | 5:20 | 67 | 3:57 | 388 | 11:09 |
| Brocken | 3.10 | 23:03 | 7:26 | 2 | 0:24 | 29 | 5:16 | 12.10 | 1:11:09 | 5:52 | 67 | 4:21 | 388 | 16:25 |
| Eiserner Handwe | 3.60 | 15:08 | 4:12 | 2 | 1:30 | 31 | 2:48 | 15.70 | 1:26:17 | 5:29 | 67 | 5:51 | 388 | 19:12 |
| Schlüsie | 4.10 | 14:16 | 3:28 | 2 | 1:11 | 26 | 2:40 | 19.80 | 1:40:33 | 5:04 | 67 | 7:02 | 388 | 21:28 |
| Loddenke | 3.10 | 11:52 | 3:49 | 3 | 0:44 | 30 | 1:57 | 22.90 | 1:52:25 | 4:54 | 67 | 7:46 | 384 | 23:14 |
| Ilseburg/Markt | 3.30 | 13:01 | 3:56 | 2 | 0:39 | 24 | 2:13 | 26.20 | 2:05:26 | 4:47 | 2 | 8:25 | 27 | 25:04 |