



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Jackisch, Andreas

□□: Kissenbrück
 □□: 521

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:25:48

□□: 10.70 km/h
 □□□□: 5:34 min/km

□□□□□/□□□: 121 (of 467)

□□□□□/□: 113 (of 387)

□□□□□□: 1:40:22

□□□□□: 18(of 67)

□□□□□□□: 2:02:48

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:45 | 5:40 | 28 | 3:23 | 161 | 6:14 | 3.30 | 18:45 | 5:40 | 68 | 3:23 | 388 | 6:14 |
| Schlüsie | 3.10 | 20:05 | 6:28 | 22 | 4:11 | 151 | 7:01 | 6.40 | 38:50 | 6:04 | 68 | 7:22 | 388 | 13:14 |
| Hermannsklippe | 2.60 | 17:01 | 6:32 | 18 | 2:55 | 121 | 5:40 | 9.00 | 55:51 | 6:12 | 68 | 10:17 | 388 | 18:54 |
| Brocken | 3.10 | 27:57 | 9:00 | 19 | 5:52 | 123 | 10:10 | 12.10 | 1:23:48 | 6:55 | 68 | 16:09 | 388 | 29:04 |
| Eiserner Handwe | 3.60 | 17:39 | 4:54 | 21 | 3:04 | 120 | 5:19 | 15.70 | 1:41:27 | 6:27 | 68 | 18:21 | 388 | 34:22 |
| Schlüsie | 4.10 | 16:22 | 3:59 | 16 | 2:43 | 94 | 4:46 | 19.80 | 1:57:49 | 5:57 | 68 | 19:56 | 388 | 38:44 |
| Loddenke | 3.10 | 13:20 | 4:18 | 15 | 1:42 | 89 | 3:25 | 22.90 | 2:11:09 | 5:43 | 66 | 21:33 | 384 | 41:58 |
| Ilseburg/Markt | 3.30 | 14:39 | 4:26 | 14 | 1:43 | 99 | 3:51 | 26.20 | 2:25:48 | 5:33 | 18 | 23:00 | 113 | 45:26 |