



# 50. Brockenlauf

Ilseburg / 04.09.2021

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Schultz, Heiner

□□: LG Tus Lügde

□□: 421

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:08:33

□□: 12.14 km/h

□□□□: 4:55 min/km

□□□□□/□□□: 42 (of 467)

□□□□□/□: 41 (of 387)

□□□□□□: 1:40:22

□□□□□: 1(of 28)

□□□□□□□: 2:08:33

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 16:21    | 4:57         | 1       | -       | 52      | 3:50    | 3.30  | 16:21     | 4:57      | 1             | -       | 388     | 3:50    |         |
| Schlüsie        | 3.10     | 17:31    | 5:39         | 1       | -       | 47      | 4:27    | 6.40  | 33:52     | 5:17      | 1             | -       | 388     | 8:16    |         |
| Hermannsklippe  | 2.60     | 15:09    | 5:49         | 1       | -       | 52      | 3:48    | 9.00  | 49:01     | 5:26      | 1             | -       | 388     | 12:04   |         |
| Brocken         | 3.10     | 23:47    | 7:40         | 1       | -       | 39      | 6:00    | 12.10 | 1:12:48   | 6:00      | 1             | -       | 388     | 18:04   |         |
| Eiserner Handwe | 3.60     | 15:50    | 4:23         | 1       | -       | 57      | 3:30    | 15.70 | 1:28:38   | 5:38      | 1             | -       | 388     | 21:33   |         |
| Schlüsie        | 4.10     | 14:54    | 3:38         | 1       | -       | 48      | 3:18    | 19.80 | 1:43:32   | 5:13      | 1             | -       | 388     | 24:27   |         |
| Loddenke        | 3.10     | 12:05    | 3:53         | 1       | -       | 36      | 2:10    | 22.90 | 1:55:37   | 5:02      | 1             | -       | 384     | 26:26   |         |
| Ilseburg/Markt  | 3.30     | 12:56    | 3:55         | 1       | -       | 21      | 2:08    | 26.20 | 2:08:33   | 4:54      | 1             | -       | 41      | 28:11   |         |