



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Golembowski, Oliver

□□: Jena
 □□: 164

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:29:49

□□: 10.41 km/h
 □□□□: 5:43 min/km

□□□□□/□□□: 153 (of 467)

□□□□□/□: 142 (of 387)

□□□□□□: 1:40:22

□□□□□: 29(of 59)

□□□□□□□: 1:47:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:55 | 5:43 | 31 | 5:15 | 169 | 6:24 | 3.30 | 18:55 | 5:43 | 60 | 5:15 | 388 | 6:24 | |
| Schlüsie | 3.10 | 20:26 | 6:35 | 33 | 5:54 | 164 | 7:22 | 6.40 | 39:21 | 6:08 | 60 | 11:09 | 388 | 13:45 | |
| Hermannsklippe | 2.60 | 18:21 | 7:03 | 37 | 5:41 | 196 | 7:00 | 9.00 | 57:42 | 6:24 | 60 | 16:50 | 388 | 20:45 | |
| Brocken | 3.10 | 28:55 | 9:19 | 30 | 9:02 | 152 | 11:08 | 12.10 | 1:26:37 | 7:09 | 60 | 25:41 | 388 | 31:53 | |
| Eiserner Handwe | 3.60 | 18:24 | 5:06 | 26 | 5:36 | 153 | 6:04 | 15.70 | 1:45:01 | 6:41 | 60 | 31:17 | 388 | 37:56 | |
| Schlüsie | 4.10 | 17:00 | 4:08 | 24 | 4:52 | 121 | 5:24 | 19.80 | 2:02:01 | 6:09 | 60 | 36:09 | 388 | 42:56 | |
| Loddenke | 3.10 | 13:33 | 4:22 | 18 | 3:25 | 102 | 3:38 | 22.90 | 2:15:34 | 5:55 | 60 | 39:34 | 384 | 46:23 | |
| Ilseburg/Markt | 3.30 | 14:15 | 4:19 | 15 | 3:06 | 79 | 3:27 | 26.20 | 2:29:49 | 5:43 | 29 | 42:40 | 142 | 49:27 | |