



# 50. Brockenlauf

Ilseburg / 04.09.2021

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Jacobsen, Björn

□□: Oldenburg

□□: 211

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:13:46

□□: 11.66 km/h

□□□□: 5:07 min/km

□□□□□/□□□: 60 (of 467)

□□□□□/□: 58 (of 387)

□□□□□□: 1:40:22

□□□□□: 6(of 50)

□□□□□□□: 1:43:53

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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     | 16:28    | 4:59         | 7       | 2:49    | 57      | 3:57    | 3.30  | 16:28     | 4:59      | 51            | 2:49    | 388     | 3:57    |         |
| Schlüsie        | 3.10     | 17:44    | 5:43         | 6       | 3:34    | 54      | 4:40    | 6.40  | 34:12     | 5:20      | 51            | 6:23    | 388     | 8:36    |         |
| Hermannsklippe  | 2.60     | 15:21    | 5:54         | 6       | 3:28    | 56      | 4:00    | 9.00  | 49:33     | 5:30      | 51            | 9:51    | 388     | 12:36   |         |
| Brocken         | 3.10     | 25:08    | 8:06         | 7       | 6:36    | 64      | 7:21    | 12.10 | 1:14:41   | 6:10      | 51            | 16:27   | 388     | 19:57   |         |
| Eiserner Handwe | 3.60     | 16:34    | 4:36         | 6       | 3:52    | 78      | 4:14    | 15.70 | 1:31:15   | 5:48      | 51            | 20:19   | 388     | 24:10   |         |
| Schlüsie        | 4.10     | 15:29    | 3:46         | 7       | 3:22    | 65      | 3:53    | 19.80 | 1:46:44   | 5:23      | 51            | 23:41   | 388     | 27:39   |         |
| Loddenke        | 3.10     | 12:58    | 4:10         | 8       | 2:56    | 70      | 3:03    | 22.90 | 1:59:42   | 5:13      | 49            | 26:37   | 384     | 30:31   |         |
| Ilseburg/Markt  | 3.30     | 14:04    | 4:15         | 8       | 3:16    | 72      | 3:16    | 26.20 | 2:13:46   | 5:06      | 6             | 29:53   | 58      | 33:24   |         |