



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Rohwedder, Dennis**

□□: Drübeck  
□□: 373

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M50 (50-54 Jahre)

□□□: 2:37:43

□□: 9.89 km/h  
□□□□: 6:01 min/km

□□□□□/□□□: 203 (of 467)

□□□□□/□: 184 (of 387)

□□□□□□: 1:40:22

□□□□□: 28(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:41    | 5:57         | 35      | 5:08    | 219     | 7:10    | 3.30  | 19:41     | 5:57          | 67      | 5:08    | 388     | 7:10    |
| Schlüsie        | 3.10     | 20:28    | 6:36         | 24      | 4:50    | 166     | 7:24    | 6.40  | 40:09     | 6:16          | 67      | 9:58    | 388     | 14:33   |
| Hermannsklippe  | 2.60     | 17:18    | 6:39         | 19      | 3:20    | 133     | 5:57    | 9.00  | 57:27     | 6:23          | 67      | 13:18   | 388     | 20:30   |
| Brocken         | 3.10     | 30:30    | 9:50         | 32      | 7:51    | 199     | 12:43   | 12.10 | 1:27:57   | 7:16          | 67      | 21:09   | 388     | 33:13   |
| Eiserner Handwe | 3.60     | 19:57    | 5:32         | 39      | 6:19    | 224     | 7:37    | 15.70 | 1:47:54   | 6:52          | 67      | 27:28   | 388     | 40:49   |
| Schlüsie        | 4.10     | 20:08    | 4:54         | 43      | 7:03    | 267     | 8:32    | 19.80 | 2:08:02   | 6:27          | 67      | 34:31   | 388     | 48:57   |
| Loddenke        | 3.10     | 14:25    | 4:39         | 26      | 3:17    | 160     | 4:30    | 22.90 | 2:22:27   | 6:13          | 67      | 37:48   | 384     | 53:16   |
| Ilseburg/Markt  | 3.30     | 15:16    | 4:37         | 24      | 2:54    | 135     | 4:28    | 26.20 | 2:37:43   | 6:01          | 28      | 40:42   | 184     | 57:21   |