



# 50. Brockenlauf Ilseburg / 04.09.2021

0000

**Boldt, Mathias**

00: Strandläufer

00: 65

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 2:38:03

00: 9.95 km/h

0000: 6:02 min/km

00000/000: 206 (of 467)

00000/0: 187 (of 387)

000000: 1:40:22

00000: 35(of 59)

0000000: 1:47:09

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| Strecke         | km   | min   | min/km | -  | -     | km  | min   | km    | min     | min/km | -  | -     | km  | min   |
|-----------------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
|                 | km   | min   | min/km | -  | -     | km  | min   | km    | min     | min/km | -  | -     | km  | min   |
| Loddenke        | 3.30 | 19:57 | 6:02   | 43 | 6:17  | 242 | 7:26  | 3.30  | 19:57   | 6:02   | 60 | 6:17  | 388 | 7:26  |
| Schlüsle        | 3.10 | 21:49 | 7:02   | 42 | 7:17  | 240 | 8:45  | 6.40  | 41:46   | 6:31   | 60 | 13:34 | 388 | 16:10 |
| Hermannsklippe  | 2.60 | 18:12 | 6:59   | 35 | 5:32  | 184 | 6:51  | 9.00  | 59:58   | 6:39   | 60 | 19:06 | 388 | 23:01 |
| Brocken         | 3.10 | 31:25 | 10:08  | 40 | 11:32 | 225 | 13:38 | 12.10 | 1:31:23 | 7:33   | 60 | 30:27 | 388 | 36:39 |
| Eiserner Handwe | 3.60 | 19:04 | 5:17   | 33 | 6:16  | 186 | 6:44  | 15.70 | 1:50:27 | 7:02   | 60 | 36:43 | 388 | 43:22 |
| Schlüsle        | 4.10 | 17:44 | 4:19   | 28 | 5:36  | 163 | 6:08  | 19.80 | 2:08:11 | 6:28   | 60 | 42:19 | 388 | 49:06 |
| Loddenke        | 3.10 | 13:51 | 4:28   | 24 | 3:43  | 125 | 3:56  | 22.90 | 2:22:02 | 6:12   | 60 | 46:02 | 344 | 52:51 |
| Ilseburg/Markt  | 3.30 | 16:01 | 4:51   | 33 | 4:52  | 177 | 5:13  | 26.20 | 2:38:03 | 6:01   | 35 | 50:54 | 187 | 57:41 |