



50. Brockenlauf Ilseburg / 04.09.2021

0000

Glaß, Alexander

00: SSV Alex

00: 158

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 2:22:14

00: 10.97 km/h

0000: 5:26 min/km

00000/000: 101 (of 467)

00000/0: 95 (of 387)

000000: 1:40:22

00000: 14(of 66)

0000000: 1:57:01

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	17:43	5:22	13	3:10	100	5:12	3.30	17:43	5:22	67	3:10	388	5:12
Schlüsse	3.10	18:55	6:06	14	3:17	96	5:51	6.40	36:38	5:43	67	6:27	388	11:02
Hermannsklippe	2.60	17:19	6:39	20	3:21	134	5:58	9.00	53:57	5:59	67	9:48	388	17:00
Brocken	3.10	26:15	8:28	11	3:36	87	8:28	12.10	1:20:12	6:37	67	13:24	388	25:28
Eiserner Handwe	3.60	17:58	4:59	19	4:20	132	5:38	15.70	1:38:10	6:15	67	17:44	388	31:05
Schlüsse	4.10	15:46	3:50	12	2:41	76	4:10	19.80	1:53:56	5:45	67	20:25	388	34:51
Loddenke	3.10	13:20	4:18	14	2:12	89	3:25	22.90	2:07:16	5:33	67	22:37	384	38:05
Ilseburg/Markt	3.30	14:58	4:32	19	2:36	112	4:10	26.20	2:22:14	5:25	14	25:13	95	41:52