



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Tyroke, Max**

□□: Fockbek  
 □□: 470

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:41:31

□□: 9.66 km/h  
 □□□□: 6:10 min/km

□□□□□/□□□: 240 (of 467)

□□□□□/□: 219 (of 387)

□□□□□□: 1:40:22

□□□□□: 22(of 31)

□□□□□□□: 1:40:22

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:43    | 6:16         | 26      | 8:11    | 279     | 8:12    | 3.30  | 20:43     | 6:16          | 32      | 8:11    | 388     | 8:12    |
| Schlüsie        | 3.10     | 22:05    | 7:07         | 24      | 9:01    | 256     | 9:01    | 6.40  | 42:48     | 6:41          | 32      | 17:12   | 388     | 17:12   |
| Hermannsklippe  | 2.60     | 18:39    | 7:10         | 23      | 7:18    | 210     | 7:18    | 9.00  | 1:01:27   | 6:49          | 32      | 24:30   | 388     | 24:30   |
| Brocken         | 3.10     | 28:51    | 9:18         | 17      | 11:04   | 151     | 11:04   | 12.10 | 1:30:18   | 7:27          | 32      | 35:34   | 388     | 35:34   |
| Eiserner Handwe | 3.60     | 21:08    | 5:52         | 26      | 8:48    | 274     | 8:48    | 15.70 | 1:51:26   | 7:05          | 32      | 44:21   | 388     | 44:21   |
| Schlüsie        | 4.10     | 17:55    | 4:22         | 21      | 6:19    | 175     | 6:19    | 19.80 | 2:09:21   | 6:31          | 32      | 50:16   | 388     | 50:16   |
| Loddenke        | 3.10     | 14:30    | 4:40         | 19      | 4:35    | 164     | 4:35    | 22.90 | 2:23:51   | 6:16          | 32      | 54:40   | 384     | 54:40   |
| Ilseburg/Markt  | 3.30     | 17:40    | 5:21         | 26      | 6:50    | 254     | 6:52    | 26.20 | 2:41:31   | 6:09          | 22      | 1:01:09 | 219     | 1:01:09 |