



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Zander, Sven

□□: Potsdamer SV Mitte
 □□: 505

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:38:55

□□: 9.82 km/h
 □□□□: 6:04 min/km

□□□□□/□□□: 212 (of 467)

□□□□□/□: 193 (of 387)

□□□□□□: 1:40:22

□□□□□: 29(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:05 | 5:46 | 28 | 4:32 | 184 | 6:34 | 3.30 | 19:05 | 5:46 | 67 | 4:32 | 388 | 6:34 |
| Schlüsie | 3.10 | 20:53 | 6:44 | 28 | 5:15 | 183 | 7:49 | 6.40 | 39:58 | 6:14 | 67 | 9:47 | 388 | 14:22 |
| Hermannsklippe | 2.60 | 19:01 | 7:18 | 34 | 5:03 | 232 | 7:40 | 9.00 | 58:59 | 6:33 | 67 | 14:50 | 388 | 22:02 |
| Brocken | 3.10 | 33:23 | 10:46 | 51 | 10:44 | 285 | 15:36 | 12.10 | 1:32:22 | 7:38 | 67 | 25:34 | 388 | 37:38 |
| Eiserner Handwe | 3.60 | 19:52 | 5:31 | 38 | 6:14 | 221 | 7:32 | 15.70 | 1:52:14 | 7:08 | 67 | 31:48 | 388 | 45:09 |
| Schlüsie | 4.10 | 18:34 | 4:31 | 33 | 5:29 | 204 | 6:58 | 19.80 | 2:10:48 | 6:36 | 67 | 37:17 | 388 | 51:43 |
| Loddenke | 3.10 | 13:26 | 4:19 | 15 | 2:18 | 97 | 3:31 | 22.90 | 2:24:14 | 6:17 | 67 | 39:35 | 384 | 55:03 |
| Ilseburg/Markt | 3.30 | 14:41 | 4:26 | 16 | 2:19 | 101 | 3:53 | 26.20 | 2:38:55 | 6:03 | 29 | 41:54 | 193 | 58:33 |