



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Balzer, Frank

□□: Hammelshain
 □□: 131

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 2:39:14

□□: 9.80 km/h
 □□□□: 6:05 min/km

□□□□□/□□□: 217 (of 467)

□□□□□/□: 197 (of 387)

□□□□□□: 1:40:22

□□□□□: 8(of 28)

□□□□□□□: 2:08:33

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:52 | 6:01 | 8 | 3:31 | 232 | 7:21 | 3.30 | 19:52 | 6:01 | 29 | 3:31 | 388 | 7:21 |
| Schlüsie | 3.10 | 21:29 | 6:55 | 8 | 3:58 | 224 | 8:25 | 6.40 | 41:21 | 6:27 | 29 | 7:29 | 388 | 15:45 |
| Hermannsklippe | 2.60 | 19:21 | 7:26 | 10 | 4:12 | 243 | 8:00 | 9.00 | 1:00:42 | 6:44 | 29 | 11:41 | 388 | 23:45 |
| Brocken | 3.10 | 31:51 | 10:16 | 12 | 8:04 | 236 | 14:04 | 12.10 | 1:32:33 | 7:38 | 29 | 19:45 | 388 | 37:49 |
| Eiserner Handwe | 3.60 | 18:34 | 5:09 | 8 | 2:44 | 163 | 6:14 | 15.70 | 1:51:07 | 7:04 | 29 | 22:29 | 388 | 44:02 |
| Schlüsie | 4.10 | 17:53 | 4:21 | 7 | 2:59 | 173 | 6:17 | 19.80 | 2:09:00 | 6:30 | 29 | 25:28 | 388 | 49:55 |
| Loddenke | 3.10 | 14:28 | 4:40 | 6 | 2:23 | 163 | 4:33 | 22.90 | 2:23:28 | 6:15 | 29 | 27:51 | 384 | 54:17 |
| Ilseburg/Markt | 3.30 | 15:46 | 4:46 | 7 | 2:50 | 162 | 4:58 | 26.20 | 2:39:14 | 6:04 | 8 | 30:41 | 197 | 58:52 |