



# 50. Brockenlauf

Ilseburg / 04.09.2021

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## Schultz-Lintl, Martin

□□: Ferdinand-Braun-Schule, Fulda  
 □□: 422

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M60 (60-64 Jahre)

□□□: 2:30:48

□□: 10.34 km/h  
 □□□□: 5:46 min/km

□□□□□/□□□: 161 (of 467)

□□□□□/□: 148 (of 387)

□□□□□□: 1:40:22

□□□□□: 6(of 28)

□□□□□□□: 2:08:33

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:58    | 5:26         | 5       | 1:37    | 110     | 5:27    | 3.30  | 17:58     | 5:26          | 29      | 1:37    | 388     | 5:27    |
| Schlüsie        | 3.10     | 20:31    | 6:37         | 6       | 3:00    | 168     | 7:27    | 6.40  | 38:29     | 6:00          | 29      | 4:37    | 388     | 12:53   |
| Hermannsklippe  | 2.60     | 18:11    | 6:59         | 7       | 3:02    | 182     | 6:50    | 9.00  | 56:40     | 6:17          | 29      | 7:39    | 388     | 19:43   |
| Brocken         | 3.10     | 29:18    | 9:27         | 6       | 5:31    | 163     | 11:31   | 12.10 | 1:25:58   | 7:06          | 29      | 13:10   | 388     | 31:14   |
| Eiserner Handwe | 3.60     | 17:32    | 4:52         | 4       | 1:42    | 117     | 5:12    | 15.70 | 1:43:30   | 6:35          | 29      | 14:52   | 388     | 36:25   |
| Schlüsie        | 4.10     | 17:46    | 4:19         | 6       | 2:52    | 167     | 6:10    | 19.80 | 2:01:16   | 6:07          | 29      | 17:44   | 388     | 42:11   |
| Loddenke        | 3.10     | 14:19    | 4:37         | 4       | 2:14    | 155     | 4:24    | 22.90 | 2:15:35   | 5:55          | 16      | 19:58   | 384     | 46:24   |
| Ilseburg/Markt  | 3.30     | 15:13    | 4:36         | 5       | 2:17    | 129     | 4:25    | 26.20 | 2:30:48   | 5:45          | 6       | 22:15   | 148     | 50:26   |