



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Reinhardt, Horst

□□: Lauffeuer Fröttstädt
 □□: 357

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:27:40

□□: 10.56 km/h
 □□□□: 5:38 min/km

□□□□□/□□□: 135 (of 467)

□□□□□/□: 125 (of 387)

□□□□□□: 1:40:22

□□□□□: 20(of 67)

□□□□□□□: 2:02:48

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:34 | 5:37 | 24 | 3:12 | 143 | 6:03 | 3.30 | 18:34 | 5:37 | 68 | 3:12 | 388 | 6:03 |
| Schlüsie | 3.10 | 20:22 | 6:34 | 26 | 4:28 | 162 | 7:18 | 6.40 | 38:56 | 6:04 | 68 | 7:28 | 388 | 13:20 |
| Hermannsklippe | 2.60 | 17:37 | 6:46 | 24 | 3:31 | 150 | 6:16 | 9.00 | 56:33 | 6:16 | 68 | 10:59 | 388 | 19:36 |
| Brocken | 3.10 | 27:58 | 9:01 | 20 | 5:53 | 124 | 10:11 | 12.10 | 1:24:31 | 6:59 | 68 | 16:52 | 388 | 29:47 |
| Eiserner Handwe | 3.60 | 17:25 | 4:50 | 18 | 2:50 | 109 | 5:05 | 15.70 | 1:41:56 | 6:29 | 68 | 18:50 | 388 | 34:51 |
| Schlüsie | 4.10 | 16:35 | 4:02 | 20 | 2:56 | 110 | 4:59 | 19.80 | 1:58:31 | 5:59 | 68 | 20:38 | 388 | 39:26 |
| Loddenke | 3.10 | 13:41 | 4:24 | 20 | 2:03 | 115 | 3:46 | 22.90 | 2:12:12 | 5:46 | 66 | 22:36 | 384 | 43:01 |
| Ilseburg/Markt | 3.30 | 15:28 | 4:41 | 21 | 2:32 | 149 | 4:40 | 26.20 | 2:27:40 | 5:38 | 20 | 24:52 | 125 | 47:18 |