



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Rehbock, Volker

□□: Bad Nenndorf
 □□: 350

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:43:38

□□: 9.53 km/h
 □□□□: 6:15 min/km

□□□□□/□□□: 256 (of 467)

□□□□□/□: 231 (of 387)

□□□□□□: 1:40:22

□□□□□: 42(of 59)

□□□□□□□: 1:47:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:04 | 6:04 | 44 | 6:24 | 252 | 7:33 | 3.30 | 20:04 | 6:04 | 60 | 6:24 | 388 | 7:33 |
| Schlüsie | 3.10 | 21:16 | 6:51 | 39 | 6:44 | 215 | 8:12 | 6.40 | 41:20 | 6:27 | 60 | 13:08 | 388 | 15:44 |
| Hermannsklippe | 2.60 | 18:23 | 7:04 | 38 | 5:43 | 201 | 7:02 | 9.00 | 59:43 | 6:38 | 60 | 18:51 | 388 | 22:46 |
| Brocken | 3.10 | 30:14 | 9:45 | 37 | 10:21 | 190 | 12:27 | 12.10 | 1:29:57 | 7:26 | 60 | 29:01 | 388 | 35:13 |
| Eiserner Handwe | 3.60 | 19:54 | 5:31 | 40 | 7:06 | 222 | 7:34 | 15.70 | 1:49:51 | 6:59 | 60 | 36:07 | 388 | 42:46 |
| Schlüsie | 4.10 | 19:45 | 4:49 | 46 | 7:37 | 251 | 8:09 | 19.80 | 2:09:36 | 6:32 | 60 | 43:44 | 388 | 50:31 |
| Loddenke | 3.10 | 16:06 | 5:11 | 45 | 5:58 | 252 | 6:11 | 22.90 | 2:25:42 | 6:21 | 60 | 49:42 | 384 | 56:31 |
| Ilseburg/Markt | 3.30 | 17:56 | 5:26 | 45 | 6:47 | 269 | 7:08 | 26.20 | 2:43:38 | 6:14 | 42 | 56:29 | 231 | 1:03:16 |