



50. Brockenlauf

Ilseburg / 04.09.2021

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Grell, Christian

□□: BSG Sparkasse HGP

□□: 517

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:49:54

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 292 (of 467)

□□□□□/□: 260 (of 387)

□□□□□□: 1:40:22

□□□□□: 43(of 66)

□□□□□□□: 1:57:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:08	6:06	41	5:35	254	7:37	3.30	20:08	6:06	67	5:35	388	7:37
Schlüsie	3.10	20:58	6:45	31	5:20	195	7:54	6.40	41:06	6:25	67	10:55	388	15:30
Hermannsklippe	2.60	18:09	6:58	27	4:11	180	6:48	9.00	59:15	6:34	67	15:06	388	22:18
Brocken	3.10	29:31	9:31	24	6:52	169	11:44	12.10	1:28:46	7:20	67	21:58	388	34:02
Eiserner Handwe	3.60	19:58	5:32	40	6:20	226	7:38	15.70	1:48:44	6:55	67	28:18	388	41:39
Schlüsie	4.10	21:50	5:19	55	8:45	316	10:14	19.80	2:10:34	6:35	67	37:03	388	51:29
Loddenke	3.10	19:03	6:08	62	7:55	345	9:08	22.90	2:29:37	6:32	67	44:58	384	1:00:26
Ilseburg/Markt	3.30	20:17	6:08	61	7:55	343	9:29	26.20	2:49:54	6:29	43	52:53	260	1:09:32