



50. Brockenlauf

Ilseburg / 04.09.2021

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Schmidt, Ulrich

□□: Burg

□□: 407

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:52:08

□□: 9.06 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 305 (of 467)

□□□□□/□: 271 (of 387)

□□□□□□: 1:40:22

□□□□□: 48(of 67)

□□□□□□□: 2:02:48

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:47	6:17	48	5:25	285	8:16	3.30	20:47	6:17	68	5:25	388	8:16	
Schlüsie	3.10	22:37	7:17	48	6:43	276	9:33	6.40	43:24	6:46	68	11:56	388	17:48	
Hermannsklippe	2.60	20:46	7:59	52	6:40	300	9:25	9.00	1:04:10	7:07	68	18:36	388	27:13	
Brocken	3.10	31:10	10:03	42	9:05	221	13:23	12.10	1:35:20	7:52	68	27:41	388	40:36	
Eiserner Handwe	3.60	20:55	5:48	48	6:20	262	8:35	15.70	1:56:15	7:24	68	33:09	388	49:10	
Schlüsie	4.10	21:10	5:09	49	7:31	299	9:34	19.80	2:17:25	6:56	68	39:32	388	58:20	
Loddenke	3.10	17:11	5:32	51	5:33	299	7:16	22.90	2:34:36	6:45	66	45:00	384	1:05:25	
Ilseburg/Markt	3.30	17:32	5:18	46	4:36	248	6:44	26.20	2:52:08	6:34	48	49:20	271	1:11:46	