



50. Brockenlauf

Ilseburg / 04.09.2021

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Borkowski, Jan

□□: TTC Concordia Welsleben
 □□: 67

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:52:57

□□: 9.02 km/h
 □□□□: 6:36 min/km

□□□□□/□□□: 314 (of 467)

□□□□□/□: 280 (of 387)

□□□□□□: 1:40:22

□□□□□: 46(of 59)

□□□□□□□: 1:47:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:28	6:48	55	8:48	348	9:57	3.30	22:28	6:48	60	8:48	388	9:57
Schlüsie	3.10	23:25	7:33	52	8:53	314	10:21	6.40	45:53	7:10	60	17:41	388	20:17
Hermannsklippe	2.60	20:32	7:53	49	7:52	293	9:11	9.00	1:06:25	7:22	60	25:33	388	29:28
Brocken	3.10	33:20	10:45	47	13:27	283	15:33	12.10	1:39:45	8:14	60	38:49	388	45:01
Eiserner Handwe	3.60	21:03	5:50	47	8:15	271	8:43	15.70	2:00:48	7:41	60	47:04	388	53:43
Schlüsie	4.10	18:41	4:33	36	6:33	207	7:05	19.80	2:19:29	7:02	60	53:37	388	1:00:24
Loddenke	3.10	15:45	5:04	42	5:37	239	5:50	22.90	2:35:14	6:46	60	59:14	384	1:06:03
Ilseburg/Markt	3.30	17:43	5:22	42	6:34	259	6:55	26.20	2:52:57	6:36	46	1:05:48	280	1:12:35