



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Brünjes, Thomas**

□□: Ilseburg  
 □□: 79

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:49:08

□□: 9.22 km/h  
 □□□□: 6:28 min/km

□□□□□/□□□: 287 (of 467)

□□□□□/□: 257 (of 387)

□□□□□□: 1:40:22

□□□□□: 31(of 50)

□□□□□□□: 1:43:53

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:21    | 5:51         | 25      | 5:42    | 202     | 6:50    | 3.30  | 19:21     | 5:51          | 51      | 5:42    | 388     | 6:50    |
| Schlüsie        | 3.10     | 21:04    | 6:47         | 25      | 6:54    | 204     | 8:00    | 6.40  | 40:25     | 6:18          | 51      | 12:36   | 388     | 14:49   |
| Hermannsklippe  | 2.60     | 18:52    | 7:15         | 26      | 6:59    | 224     | 7:31    | 9.00  | 59:17     | 6:35          | 51      | 19:35   | 388     | 22:20   |
| Brocken         | 3.10     | 32:41    | 10:32        | 31      | 14:09   | 264     | 14:54   | 12.10 | 1:31:58   | 7:36          | 51      | 33:44   | 388     | 37:14   |
| Eiserner Handwe | 3.60     | 22:31    | 6:15         | 40      | 9:49    | 317     | 10:11   | 15.70 | 1:54:29   | 7:17          | 51      | 43:33   | 388     | 47:24   |
| Schlüsie        | 4.10     | 20:04    | 4:53         | 32      | 7:57    | 262     | 8:28    | 19.80 | 2:14:33   | 6:47          | 51      | 51:30   | 388     | 55:28   |
| Loddenke        | 3.10     | 16:30    | 5:19         | 30      | 6:28    | 271     | 6:35    | 22.90 | 2:31:03   | 6:35          | 49      | 57:58   | 384     | 1:01:52 |
| Ilseburg/Markt  | 3.30     | 18:05    | 5:28         | 30      | 7:17    | 273     | 7:17    | 26.20 | 2:49:08   | 6:27          | 31      | 1:05:15 | 257     | 1:08:46 |