



50. Brockenlauf

Ilseburg / 04.09.2021

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Albrecht, Carsten

□□: Doberanner

□□: 38

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:52:08

□□: 9.06 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 306 (of 467)

□□□□□/□: 271 (of 387)

□□□□□□: 1:40:22

□□□□□: 45(of 59)

□□□□□□□: 1:47:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:06 | 6:23 | 49 | 7:26 | 300 | 8:35 | 3.30 | 21:06 | 6:23 | 60 | 7:26 | 388 | 8:35 |
| Schlüsie | 3.10 | 24:23 | 7:51 | 55 | 9:51 | 340 | 11:19 | 6.40 | 45:29 | 7:06 | 60 | 17:17 | 388 | 19:53 |
| Hermannsklippe | 2.60 | 21:05 | 8:06 | 52 | 8:25 | 308 | 9:44 | 9.00 | 1:06:34 | 7:23 | 60 | 25:42 | 388 | 29:37 |
| Brocken | 3.10 | 33:48 | 10:54 | 48 | 13:55 | 295 | 16:01 | 12.10 | 1:40:22 | 8:17 | 60 | 39:26 | 388 | 45:38 |
| Eiserner Handwe | 3.60 | 20:06 | 5:35 | 42 | 7:18 | 233 | 7:46 | 15.70 | 2:00:28 | 7:40 | 60 | 46:44 | 388 | 53:23 |
| Schlüsie | 4.10 | 18:47 | 4:34 | 37 | 6:39 | 212 | 7:11 | 19.80 | 2:19:15 | 7:01 | 60 | 53:23 | 388 | 1:00:10 |
| Loddenke | 3.10 | 14:58 | 4:49 | 35 | 4:50 | 198 | 5:03 | 22.90 | 2:34:13 | 6:44 | 60 | 58:13 | 384 | 1:05:02 |
| Ilseburg/Markt | 3.30 | 17:55 | 5:25 | 44 | 6:46 | 267 | 7:07 | 26.20 | 2:52:08 | 6:34 | 45 | 1:04:59 | 271 | 1:11:46 |