



50. Brockenlauf

Ilseburg / 04.09.2021

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Portmann, Kai

□□: Berlin
 □□: 341

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:57:15

□□: 8.80 km/h
 □□□□: 6:46 min/km

□□□□□/□□□: 334 (of 467)

□□□□□/□: 295 (of 387)

□□□□□□: 1:40:22

□□□□□: 53(of 67)

□□□□□□□: 2:02:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:22	6:28	53	6:00	307	8:51	3.30	21:22	6:28	68	6:00	388	8:51
Schlüsie	3.10	22:43	7:19	51	6:49	282	9:39	6.40	44:05	6:53	68	12:37	388	18:29
Hermannsklippe	2.60	20:19	7:48	50	6:13	287	8:58	9.00	1:04:24	7:09	68	18:50	388	27:27
Brocken	3.10	33:24	10:46	48	11:19	286	15:37	12.10	1:37:48	8:04	68	30:09	388	43:04
Eiserner Handwe	3.60	21:51	6:04	55	7:16	303	9:31	15.70	1:59:39	7:37	68	36:33	388	52:34
Schlüsie	4.10	22:07	5:23	54	8:28	322	10:31	19.80	2:21:46	7:09	68	43:53	388	1:02:41
Loddenke	3.10	17:07	5:31	50	5:29	296	7:12	22.90	2:38:53	6:56	66	49:17	384	1:09:42
Ilseburg/Markt	3.30	18:22	5:33	52	5:26	283	7:34	26.20	2:57:15	6:45	53	54:27	295	1:16:53