



# 50. Brockenlauf

Ilseburg / 04.09.2021

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Landwehr, Stefan

□□: Erfurt  
□□: 261

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M45 (45-49 Jahre)

□□□: 2:54:16

□□: 8.95 km/h  
□□□□: 6:39 min/km

□□□□□/□□□: 322 (of 467)

□□□□□/□: 287 (of 387)

□□□□□□: 1:40:22

□□□□□: 34(of 50)

□□□□□□□: 1:43:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:54	6:19	37	7:15	290	8:23	3.30	20:54	6:19	51	7:15	388	8:23
Schlüsie	3.10	22:34	7:16	33	8:24	272	9:30	6.40	43:28	6:47	51	15:39	388	17:52
Hermannsklippe	2.60	19:34	7:31	33	7:41	257	8:13	9.00	1:03:02	7:00	51	23:20	388	26:05
Brocken	3.10	33:52	10:55	36	15:20	297	16:05	12.10	1:36:54	8:00	51	38:40	388	42:10
Eiserner Handwe	3.60	21:30	5:58	35	8:48	291	9:10	15.70	1:58:24	7:32	51	47:28	388	51:19
Schlüsie	4.10	21:09	5:09	37	9:02	297	9:33	19.80	2:19:33	7:02	51	56:30	388	1:00:28
Loddenke	3.10	16:20	5:16	29	6:18	263	6:25	22.90	2:35:53	6:48	49	1:02:48	384	1:06:42
Ilseburg/Markt	3.30	18:23	5:34	32	7:35	285	7:35	26.20	2:54:16	6:39	34	1:10:23	287	1:13:54