



# 50. Brockenlauf

Ilseburg / 04.09.2021

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McDonald, Christian

□□: Wolfenbüttel  
 □□: 297

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:53:46

□□: 8.98 km/h  
 □□□□: 6:38 min/km

□□□□□/□□□: 317 (of 467)

□□□□□/□: 283 (of 387)

□□□□□□: 1:40:22

□□□□□: 50(of 67)

□□□□□□□: 2:02:48

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:04    | 6:23         | 52      | 5:42    | 297     | 8:33    | 3.30  | 21:04     | 6:23          | 68      | 5:42    | 388     | 8:33    |
| Schlüsie        | 3.10     | 22:29    | 7:15         | 46      | 6:35    | 269     | 9:25    | 6.40  | 43:33     | 6:48          | 68      | 12:05   | 388     | 17:57   |
| Hermannsklippe  | 2.60     | 19:25    | 7:28         | 42      | 5:19    | 247     | 8:04    | 9.00  | 1:02:58   | 6:59          | 68      | 17:24   | 388     | 26:01   |
| Brocken         | 3.10     | 30:34    | 9:51         | 38      | 8:29    | 203     | 12:47   | 12.10 | 1:33:32   | 7:43          | 68      | 25:53   | 388     | 38:48   |
| Eiserner Handwe | 3.60     | 21:30    | 5:58         | 51      | 6:55    | 291     | 9:10    | 15.70 | 1:55:02   | 7:19          | 68      | 31:56   | 388     | 47:57   |
| Schlüsie        | 4.10     | 22:17    | 5:26         | 56      | 8:38    | 326     | 10:41   | 19.80 | 2:17:19   | 6:56          | 68      | 39:26   | 388     | 58:14   |
| Loddenke        | 3.10     | 17:17    | 5:34         | 52      | 5:39    | 303     | 7:22    | 22.90 | 2:34:36   | 6:45          | 66      | 45:00   | 384     | 1:05:25 |
| Ilseburg/Markt  | 3.30     | 19:10    | 5:48         | 54      | 6:14    | 312     | 8:22    | 26.20 | 2:53:46   | 6:37          | 50      | 50:58   | 283     | 1:13:24 |