



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Schmidt, Lothar

□□: Harzklub Ilseburg
 □□: 404

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:01:05

□□: 8.61 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 355 (of 467)

□□□□□/□: 312 (of 387)

□□□□□□: 1:40:22

□□□□□: 18(of 28)

□□□□□□□: 2:08:33

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:54 | 6:19 | 13 | 4:33 | 290 | 8:23 | 3.30 | 20:54 | 6:19 | 29 | 4:33 | 388 | 8:23 |
| Schlüsie | 3.10 | 24:32 | 7:54 | 23 | 7:01 | 345 | 11:28 | 6.40 | 45:26 | 7:05 | 29 | 11:34 | 388 | 19:50 |
| Hermannsklippe | 2.60 | 22:13 | 8:32 | 24 | 7:04 | 345 | 10:52 | 9.00 | 1:07:39 | 7:31 | 29 | 18:38 | 388 | 30:42 |
| Brocken | 3.10 | 36:43 | 11:50 | 21 | 12:56 | 335 | 18:56 | 12.10 | 1:44:22 | 8:37 | 29 | 31:34 | 388 | 49:38 |
| Eiserner Handwe | 3.60 | 22:55 | 6:21 | 21 | 7:05 | 325 | 10:35 | 15.70 | 2:07:17 | 8:06 | 29 | 38:39 | 388 | 1:00:12 |
| Schlüsie | 4.10 | 20:12 | 4:55 | 15 | 5:18 | 269 | 8:36 | 19.80 | 2:27:29 | 7:26 | 29 | 43:57 | 388 | 1:08:24 |
| Loddenke | 3.10 | 16:06 | 5:11 | 12 | 4:01 | 252 | 6:11 | 22.90 | 2:43:35 | 7:08 | 29 | 47:58 | 384 | 1:14:24 |
| Ilseburg/Markt | 3.30 | 17:30 | 5:18 | 13 | 4:34 | 243 | 6:42 | 26.20 | 3:01:05 | 6:54 | 18 | 52:32 | 312 | 1:20:43 |