



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Kurecki, Enrico**

□□: Berlin  
 □□: 256

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 3:00:39

□□: 8.64 km/h  
 □□□□: 6:54 min/km

□□□□□/□□□: 352 (of 467)

□□□□□/□: 309 (of 387)

□□□□□□: 1:40:22

□□□□□: 39(of 50)

□□□□□□□: 1:43:53

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:35    | 5:37         | 17      | 4:56    | 146     | 6:04    | 3.30  | 18:35     | 5:37          | 51      | 4:56    | 388     | 6:04    |
| Schlüsie        | 3.10     | 19:17    | 6:13         | 12      | 5:07    | 112     | 6:13    | 6.40  | 37:52     | 5:54          | 51      | 10:03   | 388     | 12:16   |
| Hermannsklippe  | 2.60     | 17:34    | 6:45         | 15      | 5:41    | 142     | 6:13    | 9.00  | 55:26     | 6:09          | 51      | 15:44   | 388     | 18:29   |
| Brocken         | 3.10     | 30:24    | 9:48         | 22      | 11:52   | 195     | 12:37   | 12.10 | 1:25:50   | 7:05          | 51      | 27:36   | 388     | 31:06   |
| Eiserner Handwe | 3.60     | 28:36    | 7:56         | 48      | 15:54   | 376     | 16:16   | 15.70 | 1:54:26   | 7:17          | 51      | 43:30   | 384     | 47:21   |
| Schlüsie        | 4.10     | 24:36    | 6:00         | 46      | 12:29   | 364     | 13:00   | 19.80 | 2:19:02   | 7:01          | 51      | 55:59   | 388     | 59:57   |
| Loddenke        | 3.10     | 19:37    | 6:19         | 43      | 9:35    | 353     | 9:42    | 22.90 | 2:38:39   | 6:55          | 49      | 1:05:34 | 384     | 1:09:28 |
| Ilseburg/Markt  | 3.30     | 22:00    | 6:40         | 45      | 11:12   | 366     | 11:12   | 26.20 | 3:00:39   | 6:53          | 39      | 1:16:46 | 309     | 1:20:17 |