



50. Brockenlauf  
Ilseburg / 04.09.2021

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Simmert, Robert

□□: Weimar  
□□: 433

□□: 26.20 km  
26,2 km - Lauf

□□□□:  
Senioren M30 (30-34 Jahre)

□□□: 2:52:38

□□: 9.04 km/h  
□□□□: 6:35 min/km

□□□□□/□□□: 312 (of 467)

□□□□□/□: 278 (of 387)

□□□□□□: 1:40:22

□□□□□: 28(of 31)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:02	5:46	20	6:30	181	6:31	3.30	19:02	5:46	32	6:30	388	6:31
Schlüsie	3.10	22:49	7:21	29	9:45	286	9:45	6.40	41:51	6:32	32	16:15	388	16:15
Hermannsklippe	2.60	19:37	7:32	28	8:16	258	8:16	9.00	1:01:28	6:49	32	24:31	388	24:31
Brocken	3.10	33:33	10:49	29	15:46	290	15:46	12.10	1:35:01	7:51	32	40:17	388	40:17
Eiserner Handwe	3.60	20:53	5:48	23	8:33	260	8:33	15.70	1:55:54	7:22	32	48:49	388	48:49
Schlüsie	4.10	20:13	4:55	28	8:37	270	8:37	19.80	2:16:07	6:52	32	57:02	388	57:02
Loddenke	3.10	17:32	5:39	29	7:37	306	7:37	22.90	2:33:39	6:42	32	1:04:28	384	1:04:28
Ilseburg/Markt	3.30	18:59	5:45	28	8:09	306	8:11	26.20	2:52:38	6:35	28	1:12:16	278	1:12:16