



# 50. Brockenlauf Ilseburg / 04.09.2021

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Mika, Rainer

□□: VfB Salzkotten

□□: 311

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:55:53

□□: 8.87 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 327 (of 467)

□□□□□/□: 291 (of 387)

□□□□□□: 1:40:22

□□□□□: 52(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     | 20:58    | 6:21         | 51      | 5:36    | 293     | 8:27    | 3.30  | 20:58     | 6:21          | 68      | 5:36    | 388     | 8:27    |
| Schlüsse        | 3.10     | 24:00    | 7:44         | 55      | 8:06    | 328     | 10:56   | 6.40  | 44:58     | 7:01          | 68      | 13:30   | 388     | 19:22   |
| Hermannsklippe  | 2.60     | 22:15    | 8:33         | 57      | 8:09    | 347     | 10:54   | 9.00  | 1:07:13   | 7:28          | 68      | 21:39   | 388     | 30:16   |
| Brocken         | 3.10     | 36:06    | 11:38        | 57      | 14:01   | 327     | 18:19   | 12.10 | 1:43:19   | 8:32          | 68      | 35:40   | 388     | 48:35   |
| Eiserner Handwe | 3.60     | 20:53    | 5:48         | 47      | 6:18    | 260     | 8:33    | 15.70 | 2:04:12   | 7:54          | 68      | 41:06   | 388     | 57:07   |
| Schlüsse        | 4.10     | 18:28    | 4:30         | 31      | 4:49    | 196     | 6:52    | 19.80 | 2:22:40   | 7:12          | 68      | 44:47   | 388     | 1:03:35 |
| Loddenke        | 3.10     | 15:48    | 5:05         | 39      | 4:10    | 243     | 5:53    | 22.90 | 2:38:28   | 6:55          | 66      | 48:52   | 384     | 1:09:17 |
| Ilseburg/Markt  | 3.30     | 17:25    | 5:16         | 43      | 4:29    | 242     | 6:37    | 26.20 | 2:55:53   | 6:42          | 52      | 53:05   | 291     | 1:15:31 |