



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Striegler, Danilo

□□: LLG Springe

□□: 447

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:58:25

□□: 8.74 km/h

□□□□: 6:49 min/km

□□□□□/□□□: 344 (of 467)

□□□□□/□: 303 (of 387)

□□□□□□: 1:40:22

□□□□□: 51(of 59)

□□□□□□□: 1:47:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:55 | 6:38 | 53 | 8:15 | 328 | 9:24 | 3.30 | 21:55 | 6:38 | 60 | 8:15 | 388 | 9:24 |
| Schlüsie | 3.10 | 23:19 | 7:31 | 50 | 8:47 | 308 | 10:15 | 6.40 | 45:14 | 7:04 | 60 | 17:02 | 388 | 19:38 |
| Hermannsklippe | 2.60 | 20:05 | 7:43 | 48 | 7:25 | 281 | 8:44 | 9.00 | 1:05:19 | 7:15 | 60 | 24:27 | 388 | 28:22 |
| Brocken | 3.10 | 34:12 | 11:01 | 49 | 14:19 | 304 | 16:25 | 12.10 | 1:39:31 | 8:13 | 60 | 38:35 | 388 | 44:47 |
| Eiserner Handwe | 3.60 | 24:24 | 6:46 | 57 | 11:36 | 355 | 12:04 | 15.70 | 2:03:55 | 7:53 | 60 | 50:11 | 388 | 56:50 |
| Schlüsie | 4.10 | 20:47 | 5:04 | 50 | 8:39 | 290 | 9:11 | 19.80 | 2:24:42 | 7:18 | 60 | 58:50 | 388 | 1:05:37 |
| Loddenke | 3.10 | 14:46 | 4:45 | 32 | 4:38 | 185 | 4:51 | 22.90 | 2:39:28 | 6:57 | 60 | 1:03:28 | 384 | 1:10:17 |
| Ilseburg/Markt | 3.30 | 18:57 | 5:44 | 51 | 7:48 | 305 | 8:09 | 26.20 | 2:58:25 | 6:48 | 51 | 1:11:16 | 303 | 1:18:03 |