



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Schmalz, Holger

□□: Brockenlaufverein
 □□: 29

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:07:34

□□: 8.32 km/h
 □□□□: 7:10 min/km

□□□□□/□□□: 386 (of 467)

□□□□□/□: 332 (of 387)

□□□□□□: 1:40:22

□□□□□: 22(of 28)

□□□□□□□: 2:08:33

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:55 | 6:38 | 20 | 5:34 | 328 | 9:24 | 3.30 | 21:55 | 6:38 | 29 | 5:34 | 388 | 9:24 |
| Schlüsie | 3.10 | 24:05 | 7:46 | 20 | 6:34 | 332 | 11:01 | 6.40 | 46:00 | 7:11 | 29 | 12:08 | 388 | 20:24 |
| Hermannsklippe | 2.60 | 21:45 | 8:21 | 21 | 6:36 | 330 | 10:24 | 9.00 | 1:07:45 | 7:31 | 29 | 18:44 | 388 | 30:48 |
| Brocken | 3.10 | 38:47 | 12:30 | 25 | 15:00 | 369 | 21:00 | 12.10 | 1:46:32 | 8:48 | 29 | 33:44 | 388 | 51:48 |
| Eiserner Handwe | 3.60 | 22:07 | 6:08 | 18 | 6:17 | 309 | 9:47 | 15.70 | 2:08:39 | 8:11 | 29 | 40:01 | 388 | 1:01:34 |
| Schlüsie | 4.10 | 22:24 | 5:27 | 21 | 7:30 | 328 | 10:48 | 19.80 | 2:31:03 | 7:37 | 29 | 47:31 | 388 | 1:11:58 |
| Loddenke | 3.10 | 18:05 | 5:49 | 21 | 6:00 | 326 | 8:10 | 22.90 | 2:49:08 | 7:23 | 29 | 53:31 | 384 | 1:19:57 |
| Ilseburg/Markt | 3.30 | 18:26 | 5:35 | 17 | 5:30 | 288 | 7:38 | 26.20 | 3:07:34 | 7:09 | 22 | 59:01 | 332 | 1:27:12 |