



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Schröder, Dirk

□□: Turnerschaft Bielefeld v. 1878 e.V.
 □□: 418

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:18:22

□□: 7.86 km/h
 □□□□: 7:34 min/km

□□□□□/□□□: 431 (of 467)

□□□□□/□: 363 (of 387)

□□□□□□: 1:40:22

□□□□□: 62(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:07 | 6:42 | 58 | 7:34 | 338 | 9:36 | 3.30 | 22:07 | 6:42 | 67 | 7:34 | 388 | 9:36 |
| Schlüsie | 3.10 | 26:47 | 8:38 | 66 | 11:09 | 373 | 13:43 | 6.40 | 48:54 | 7:38 | 67 | 18:43 | 388 | 23:18 |
| Hermannsklippe | 2.60 | 23:41 | 9:06 | 62 | 9:43 | 370 | 12:20 | 9.00 | 1:12:35 | 8:03 | 67 | 28:26 | 388 | 35:38 |
| Brocken | 3.10 | 38:53 | 12:32 | 65 | 16:14 | 370 | 21:06 | 12.10 | 1:51:28 | 9:12 | 67 | 44:40 | 388 | 56:44 |
| Eiserner Handwe | 3.60 | 22:22 | 6:12 | 52 | 8:44 | 312 | 10:02 | 15.70 | 2:13:50 | 8:31 | 67 | 53:24 | 388 | 1:06:45 |
| Schlüsie | 4.10 | 25:41 | 6:15 | 62 | 12:36 | 370 | 14:05 | 19.80 | 2:39:31 | 8:03 | 67 | 1:06:00 | 388 | 1:20:26 |
| Loddenke | 3.10 | 20:06 | 6:29 | 64 | 8:58 | 358 | 10:11 | 22.90 | 2:59:37 | 7:50 | 67 | 1:14:58 | 384 | 1:30:26 |
| Ilseburg/Markt | 3.30 | 18:45 | 5:40 | 51 | 6:23 | 297 | 7:57 | 26.20 | 3:18:22 | 7:34 | 62 | 1:21:21 | 363 | 1:38:00 |