



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Pluskal, Steffen**

□□: Laufgruppe Lustig

□□: 338

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:31:30

□□: 7.38 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 454 (of 467)

□□□□□/□: 379 (of 387)

□□□□□□: 1:40:22

□□□□□: 66(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:25    | 7:05         | 65      | 8:52    | 367     | 10:54   | 3.30  | 23:25     | 7:05          | 67      | 8:52    | 388     | 10:54   |
| Schlüsie        | 3.10     | 25:10    | 8:07         | 62      | 9:32    | 358     | 12:06   | 6.40  | 48:35     | 7:35          | 67      | 18:24   | 388     | 22:59   |
| Hermannsklippe  | 2.60     | 23:10    | 8:54         | 60      | 9:12    | 364     | 11:49   | 9.00  | 1:11:45   | 7:58          | 67      | 27:36   | 388     | 34:48   |
| Brocken         | 3.10     | 36:20    | 11:43        | 58      | 13:41   | 330     | 18:33   | 12.10 | 1:48:05   | 8:55          | 67      | 41:17   | 388     | 53:21   |
| Eiserner Handwe | 3.60     | 33:19    | 9:15         | 64      | 19:41   | 384     | 20:59   | 15.70 | 2:21:24   | 9:00          | 67      | 1:00:58 | 388     | 1:14:19 |
| Schlüsie        | 4.10     | 28:51    | 7:02         | 66      | 15:46   | 382     | 17:15   | 19.80 | 2:50:15   | 8:35          | 67      | 1:16:44 | 388     | 1:31:10 |
| Loddenke        | 3.10     | 21:02    | 6:47         | 66      | 9:54    | 369     | 11:07   | 22.90 | 3:11:17   | 8:21          | 67      | 1:26:38 | 384     | 1:42:06 |
| Ilseburg/Markt  | 3.30     | 20:13    | 6:07         | 60      | 7:51    | 341     | 9:25    | 26.20 | 3:31:30   | 8:04          | 66      | 1:34:29 | 379     | 1:51:08 |