



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Reising, Marcel

□□: Erst laufen dann saufen
 □□: 358

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:27:57

□□: 7.50 km/h
 □□□□: 7:56 min/km

□□□□□/□□□: 449 (of 467)

□□□□□/□: 376 (of 387)

□□□□□□: 1:40:22

□□□□□: 65(of 66)

□□□□□□□: 1:57:01

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 24:25 | 7:23 | 66 | 9:52 | 375 | 11:54 | 3.30 | 24:25 | 7:23 | 67 | 9:52 | 388 | 11:54 |
| Schlüsie | 3.10 | 26:40 | 8:36 | 65 | 11:02 | 372 | 13:36 | 6.40 | 51:05 | 7:58 | 67 | 20:54 | 388 | 25:29 |
| Hermannsklippe | 2.60 | 24:34 | 9:26 | 66 | 10:36 | 376 | 13:13 | 9.00 | 1:15:39 | 8:24 | 67 | 31:30 | 388 | 38:42 |
| Brocken | 3.10 | 37:47 | 12:11 | 62 | 15:08 | 352 | 20:00 | 12.10 | 1:53:26 | 9:22 | 67 | 46:38 | 388 | 58:42 |
| Eiserner Handwe | 3.60 | 24:36 | 6:50 | 61 | 10:58 | 359 | 12:16 | 15.70 | 2:18:02 | 8:47 | 67 | 57:36 | 388 | 1:10:57 |
| Schlüsie | 4.10 | 26:30 | 6:27 | 63 | 13:25 | 374 | 14:54 | 19.80 | 2:44:32 | 8:18 | 67 | 1:11:01 | 388 | 1:25:27 |
| Loddenke | 3.10 | 20:50 | 6:43 | 65 | 9:42 | 366 | 10:55 | 22.90 | 3:05:22 | 8:05 | 67 | 1:20:43 | 384 | 1:36:11 |
| Ilseburg/Markt | 3.30 | 22:35 | 6:50 | 65 | 10:13 | 369 | 11:47 | 26.20 | 3:27:57 | 7:56 | 65 | 1:30:56 | 376 | 1:47:35 |