



# 50. Brockenlauf Ilseburg / 04.09.2021

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Krause, Karl-Heinz

00: Erst laufen dann saufen

00: 243

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M60 (60-64 Jahre)

000: 4:28:31

00: 5.85 km/h

0000: 10:15 min/km

00000/000: 467 (of 467)

00000/0: 387 (of 387)

000000: 1:40:22

00000: 28(of 28)

0000000: 2:08:33

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| Ort             | km   | min   | min/km | -  | -     | km  | min   | km     | min     | min/km | -  | -       | km  | min     |
|-----------------|------|-------|--------|----|-------|-----|-------|--------|---------|--------|----|---------|-----|---------|
|                 | km   | min   | min/km | -  | -     | km  | min   | min/km | -       | -      | km | min     | km  | min     |
| Loddenke        | 3.30 | 26:54 | 8:09   | 28 | 10:33 | 386 | 14:23 | 3.30   | 26:54   | 8:09   | 29 | 10:33   | 388 | 14:23   |
| Schlüsle        | 3.10 | 31:16 | 10:05  | 27 | 13:45 | 385 | 18:12 | 6.40   | 58:10   | 9:05   | 29 | 24:18   | 388 | 32:34   |
| Hermannsklippe  | 2.60 | 30:48 | 11:50  | 28 | 15:39 | 387 | 19:27 | 9.00   | 1:28:58 | 9:53   | 29 | 39:57   | 388 | 52:01   |
| Brocken         | 3.10 | 57:55 | 18:40  | 28 | 34:08 | 387 | 40:08 | 12.10  | 2:26:53 | 12:08  | 29 | 1:14:05 | 388 | 1:32:09 |
| Eiserner Handwe | 3.60 | 34:38 | 9:37   | 28 | 18:48 | 385 | 22:18 | 15.70  | 3:01:31 | 11:33  | 29 | 1:32:53 | 388 | 1:54:26 |
| Schlüsle        | 4.10 | 32:29 | 7:55   | 28 | 17:35 | 386 | 20:53 | 19.80  | 3:34:00 | 10:48  | 29 | 1:50:28 | 388 | 2:14:55 |
| Loddenke        | 3.10 | 27:47 | 8:57   | 28 | 15:42 | 383 | 17:52 | 22.90  | 4:01:47 | 10:33  | 29 | 2:06:10 | 384 | 2:32:36 |
| Ilseburg/Markt  | 3.30 | 26:44 | 8:06   | 28 | 13:48 | 379 | 15:56 | 26.20  | 4:28:31 | 10:14  | 28 | 2:19:58 | 387 | 2:48:09 |