



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Portmann, Kai

□□: Berlin

□□: 309

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:04:46

□□: 8.44 km/h

□□□□: 7:03 min/km

□□□□□/□□□: 327 (of 418)

□□□□□/□: 278 (of 336)

□□□□□□: 1:39:59

□□□□□: 41(of 54)

□□□□□□□: 2:10:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:30 | 6:30 | 42 | 4:46 | 268 | 9:30 | 3.30 | 21:30 | 6:30 | 42 | 4:46 | 268 | 9:30 |
| Schlüsie | 3.10 | 23:51 | 7:41 | 43 | 5:37 | 281 | 10:24 | 6.40 | 45:21 | 7:05 | 44 | 10:53 | 280 | 19:54 |
| Hermannsklippe | 2.60 | 21:42 | 8:20 | 42 | 6:02 | 280 | 9:54 | 9.00 | 1:07:03 | 7:26 | 44 | 16:55 | 289 | 29:48 |
| Brocken | 3.10 | 34:59 | 11:17 | 40 | 11:08 | 269 | 16:49 | 12.10 | 1:42:02 | 8:25 | 44 | 28:03 | 278 | 46:37 |
| Eiserner Handwe | 3.60 | 22:22 | 6:12 | 40 | 7:11 | 275 | 10:20 | 15.70 | 2:04:24 | 7:55 | 42 | 35:14 | 278 | 56:57 |
| Schlüsie | 4.10 | 22:03 | 5:22 | 43 | 6:58 | 287 | 10:31 | 19.80 | 2:26:27 | 7:23 | 42 | 42:12 | 285 | 1:07:28 |
| Loddenke | 3.10 | 17:53 | 5:46 | 35 | 5:21 | 215 | 7:55 | 22.90 | 2:44:20 | 7:10 | 36 | 47:33 | 222 | 1:15:23 |
| Ilseburg/Markt | 3.30 | 20:26 | 6:11 | 36 | 7:04 | 224 | 9:24 | 26.20 | 3:04:46 | 7:03 | 41 | 54:37 | 278 | 1:24:47 |