



51. Brockenlauf

Ilseburg / 03.09.2022

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Rößler, Uwe

□□: Sohland
 □□: 340

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 1:59:57

□□: 13.01 km/h
 □□□□: 4:35 min/km

□□□□□/□□□: 12 (of 418)

□□□□□/□: 12 (of 336)

□□□□□□: 1:39:59

□□□□□: 6(of 50)

□□□□□□□: 1:55:06

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 14:18 | 4:20 | 3 | 0:52 | 9 | 2:18 | 3.30 | 14:18 | 4:20 | 3 | 0:52 | 9 | 2:18 | |
| Schlüsie | 3.10 | 15:41 | 5:03 | 5 | 0:21 | 12 | 2:14 | 6.40 | 29:59 | 4:41 | 5 | 1:13 | 10 | 4:32 | |
| Hermannsklippe | 2.60 | 13:49 | 5:18 | 5 | 0:41 | 14 | 2:01 | 9.00 | 43:48 | 4:51 | 5 | 1:37 | 12 | 6:33 | |
| Brocken | 3.10 | 22:44 | 7:19 | 6 | 1:51 | 18 | 4:34 | 12.10 | 1:06:32 | 5:29 | 5 | 2:37 | 12 | 11:07 | |
| Eiserner Handwe | 3.60 | 14:29 | 4:01 | 7 | 0:50 | 13 | 2:27 | 15.70 | 1:21:01 | 5:09 | 5 | 2:44 | 12 | 13:34 | |
| Schlüsie | 4.10 | 14:18 | 3:29 | 8 | 1:35 | 20 | 2:46 | 19.80 | 1:35:19 | 4:48 | 5 | 3:39 | 11 | 16:20 | |
| Loddenke | 3.10 | 12:05 | 3:53 | 5 | 0:59 | 12 | 2:07 | 22.90 | 1:47:24 | 4:41 | 4 | 4:38 | 8 | 18:27 | |
| Ilseburg/Markt | 3.30 | 12:33 | 3:48 | 4 | 0:14 | 7 | 1:31 | 26.20 | 1:59:57 | 4:34 | 6 | 4:51 | 12 | 19:58 | |