



# 51. Brockenlauf

Ilseburg / 03.09.2022

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Rinke, Steven

□□: Harz-Gebirgslauf Wernigerode  
 □□: 333

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M35 (35-39 Jahre)

□□□: 2:01:48

□□: 12.81 km/h  
 □□□□: 4:39 min/km

□□□□□/□□□: 17 (of 418)

□□□□□/□: 17 (of 336)

□□□□□□: 1:39:59

□□□□□: 3(of 29)

□□□□□□□: 1:55:18

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 14:56    | 4:31         | 5       | 1:18    | 19      | 2:56    | 3.30  | 14:56     | 4:31      | 5             | 1:18    | 19      | 2:56    |         |
| Schlüsie        | 3.10     | 16:01    | 5:09         | 3       | 0:36    | 16      | 2:34    | 6.40  | 30:57     | 4:50      | 5             | 1:21    | 18      | 5:30    |         |
| Hermannsklippe  | 2.60     | 13:45    | 5:17         | 2       | 0:08    | 11      | 1:57    | 9.00  | 44:42     | 4:58      | 3             | 1:05    | 15      | 7:27    |         |
| Brocken         | 3.10     | 20:59    | 6:46         | 1       | -       | 5       | 2:49    | 12.10 | 1:05:41   | 5:25      | 1             | -       | 8       | 10:16   |         |
| Eiserner Handwe | 3.60     | 14:55    | 4:08         | 4       | 1:52    | 20      | 2:53    | 15.70 | 1:20:36   | 5:08      | 2             | 0:32    | 10      | 13:09   |         |
| Schlüsie        | 4.10     | 14:34    | 3:33         | 3       | 1:49    | 24      | 3:02    | 19.80 | 1:35:10   | 4:48      | 2             | 2:21    | 10      | 16:11   |         |
| Loddenke        | 3.10     | 12:20    | 3:58         | 5       | 0:43    | 19      | 2:22    | 22.90 | 1:47:30   | 4:41      | 1             | -       | 9       | 18:33   |         |
| Ilseburg/Markt  | 3.30     | 14:18    | 4:20         | 7       | 1:17    | 36      | 3:16    | 26.20 | 2:01:48   | 4:38      | 3             | 6:30    | 17      | 21:49   |         |