



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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 | |