



51. Brockenlauf

Ilseburg / 03.09.2022

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Bömeke, Alexander

□□: Duderstadt
 □□: 69

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:17:48

□□: 11.32 km/h
 □□□□: 5:16 min/km

□□□□□/□□□: 54 (of 418)

□□□□□/□: 48 (of 336)

□□□□□□: 1:39:59

□□□□□: 11(of 50)

□□□□□□□: 1:55:06

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 15:29 | 4:41 | 10 | 2:03 | 30 | 3:29 | 3.30 | 15:29 | 4:41 | 10 | 2:03 | 30 | 3:29 |
| Schlüsie | 3.10 | 17:32 | 5:39 | 11 | 2:12 | 37 | 4:05 | 6.40 | 33:01 | 5:09 | 10 | 4:15 | 31 | 7:34 |
| Hermannsklippe | 2.60 | 15:51 | 6:05 | 11 | 2:43 | 45 | 4:03 | 9.00 | 48:52 | 5:25 | 10 | 6:41 | 32 | 11:37 |
| Brocken | 3.10 | 26:34 | 8:34 | 15 | 5:41 | 60 | 8:24 | 12.10 | 1:15:26 | 6:14 | 11 | 11:31 | 39 | 20:01 |
| Eiserner Handwe | 3.60 | 16:43 | 4:38 | 15 | 3:04 | 61 | 4:41 | 15.70 | 1:32:09 | 5:52 | 11 | 13:52 | 41 | 24:42 |
| Schlüsie | 4.10 | 15:42 | 3:49 | 13 | 2:59 | 55 | 4:10 | 19.80 | 1:47:51 | 5:26 | 11 | 16:11 | 39 | 28:52 |
| Loddenke | 3.10 | 14:04 | 4:32 | 18 | 2:58 | 78 | 4:06 | 22.90 | 2:01:55 | 5:19 | 8 | 19:09 | 32 | 32:58 |
| Ilseburg/Markt | 3.30 | 15:53 | 4:48 | 15 | 3:34 | 87 | 4:51 | 26.20 | 2:17:48 | 5:15 | 11 | 22:42 | 48 | 37:49 |