



# 51. Brockenlauf

Ilseburg / 03.09.2022

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Lehmann, Alexander

□□: TUS Elbingerode

□□: 247

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:21:07

□□: 11.05 km/h

□□□□: 5:23 min/km

□□□□□/□□□: 66 (of 418)

□□□□□/□: 60 (of 336)

□□□□□□: 1:39:59

□□□□□: 7(of 22)

□□□□□□□: 1:39:59

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□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:58    | 5:26         | 8       | 5:58    | 90      | 5:58    | 3.30  | 17:58     | 5:26      | 8             | 5:58    | 90      | 5:58    |         |
| Schlüsie        | 3.10     | 18:31    | 5:58         | 6       | 5:04    | 52      | 5:04    | 6.40  | 36:29     | 5:42      | 7             | 11:02   | 65      | 11:02   |         |
| Hermannsklippe  | 2.60     | 15:57    | 6:08         | 7       | 4:09    | 46      | 4:09    | 9.00  | 52:26     | 5:49      | 6             | 15:11   | 55      | 15:11   |         |
| Brocken         | 3.10     | 26:23    | 8:30         | 7       | 8:13    | 57      | 8:13    | 12.10 | 1:18:49   | 6:30      | 7             | 23:24   | 53      | 23:24   |         |
| Eiserner Handwe | 3.60     | 17:02    | 4:43         | 7       | 5:00    | 70      | 5:00    | 15.70 | 1:35:51   | 6:06      | 7             | 28:24   | 54      | 28:24   |         |
| Schlüsie        | 4.10     | 16:11    | 3:56         | 8       | 4:39    | 79      | 4:39    | 19.80 | 1:52:02   | 5:39      | 7             | 33:03   | 56      | 33:03   |         |
| Loddenke        | 3.10     | 13:58    | 4:30         | 4       | 4:00    | 72      | 4:00    | 22.90 | 2:06:00   | 5:30      | 3             | 37:03   | 42      | 37:03   |         |
| Ilseburg/Markt  | 3.30     | 15:07    | 4:34         | 3       | 4:05    | 61      | 4:05    | 26.20 | 2:21:07   | 5:23      | 7             | 41:08   | 60      | 41:08   |         |