



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Matthies, Marco

□□: LSV TriTeam Wolfenbüttel
 □□: 267

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:23:33

□□: 10.87 km/h
 □□□□: 5:29 min/km

□□□□□/□□□: 78 (of 418)

□□□□□/□: 71 (of 336)

□□□□□□: 1:39:59

□□□□□: 17(of 50)

□□□□□□□: 1:55:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:49	5:42	31	5:23	147	6:49	3.30	18:49	5:42	31	5:23	147	6:49
Schlüsie	3.10	18:41	6:01	15	3:21	57	5:14	6.40	37:30	5:51	22	8:44	97	12:03
Hermannsklippe	2.60	16:26	6:19	14	3:18	57	4:38	9.00	53:56	5:59	20	11:45	82	16:41
Brocken	3.10	27:36	8:54	20	6:43	82	9:26	12.10	1:21:32	6:44	19	17:37	74	26:07
Eiserner Handwe	3.60	16:24	4:33	13	2:45	54	4:22	15.70	1:37:56	6:14	17	19:39	63	30:29
Schlüsie	4.10	15:47	3:50	14	3:04	57	4:15	19.80	1:53:43	5:44	17	22:03	64	34:44
Loddenke	3.10	13:43	4:25	13	2:37	63	3:45	22.90	2:07:26	5:33	12	24:40	48	38:29
Ilseburg/Markt	3.30	16:07	4:53	17	3:48	94	5:05	26.20	2:23:33	5:28	17	28:27	71	43:34