



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Stöwesand, Frank

□□: L.T. Isenhagener Land
 □□: 399

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 2:24:33

□□: 10.79 km/h
 □□□□: 5:31 min/km

□□□□□/□□□: 84 (of 418)

□□□□□/□: 77 (of 336)

□□□□□□: 1:39:59

□□□□□: 5(of 29)

□□□□□□□: 2:11:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:38 | 5:20 | 6 | 1:07 | 74 | 5:38 | 3.30 | 17:38 | 5:20 | 6 | 1:07 | 74 | 5:38 | |
| Schlüsie | 3.10 | 19:28 | 6:16 | 5 | 2:05 | 91 | 6:01 | 6.40 | 37:06 | 5:47 | 4 | 3:12 | 84 | 11:39 | |
| Hermannsklippe | 2.60 | 17:25 | 6:41 | 5 | 2:17 | 104 | 5:37 | 9.00 | 54:31 | 6:03 | 5 | 5:29 | 93 | 17:16 | |
| Brocken | 3.10 | 28:23 | 9:09 | 4 | 3:24 | 104 | 10:13 | 12.10 | 1:22:54 | 6:51 | 4 | 8:53 | 91 | 27:29 | |
| Eiserner Handwe | 3.60 | 17:17 | 4:48 | 6 | 1:52 | 79 | 5:15 | 15.70 | 1:40:11 | 6:22 | 5 | 10:45 | 89 | 32:44 | |
| Schlüsie | 4.10 | 16:40 | 4:03 | 8 | 2:18 | 97 | 5:08 | 19.80 | 1:56:51 | 5:54 | 5 | 12:35 | 91 | 37:52 | |
| Loddenke | 3.10 | 13:13 | 4:15 | 3 | 0:41 | 45 | 3:15 | 22.90 | 2:10:04 | 5:40 | 4 | 13:16 | 61 | 41:07 | |
| Ilseburg/Markt | 3.30 | 14:29 | 4:23 | 2 | 0:19 | 40 | 3:27 | 26.20 | 2:24:33 | 5:31 | 5 | 13:09 | 77 | 44:34 | |