



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Hentsch, Torsten

□□: SV Hermsdorf

□□: 24

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:25:28

□□: 10.72 km/h

□□□□: 5:33 min/km

□□□□□/□□□: 91 (of 418)

□□□□□/□: 84 (of 336)

□□□□□□: 1:39:59

□□□□□: 8(of 54)

□□□□□□□: 2:10:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:01 | 5:27 | 11 | 1:17 | 93 | 6:01 | 3.30 | 18:01 | 5:27 | 11 | 1:17 | 93 | 6:01 |
| Schlüsie | 3.10 | 19:05 | 6:09 | 7 | 0:51 | 74 | 5:38 | 6.40 | 37:06 | 5:47 | 9 | 2:38 | 84 | 11:39 |
| Hermannsklippe | 2.60 | 16:49 | 6:28 | 9 | 1:09 | 76 | 5:01 | 9.00 | 53:55 | 5:59 | 9 | 3:47 | 81 | 16:40 |
| Brocken | 3.10 | 28:34 | 9:12 | 12 | 4:43 | 112 | 10:24 | 12.10 | 1:22:29 | 6:49 | 10 | 8:30 | 85 | 27:04 |
| Eiserner Handwe | 3.60 | 17:31 | 4:51 | 11 | 2:20 | 92 | 5:29 | 15.70 | 1:40:00 | 6:22 | 10 | 10:50 | 86 | 32:33 |
| Schlüsie | 4.10 | 16:38 | 4:03 | 8 | 1:33 | 95 | 5:06 | 19.80 | 1:56:38 | 5:53 | 9 | 12:23 | 85 | 37:39 |
| Loddenke | 3.10 | 13:34 | 4:22 | 7 | 1:02 | 56 | 3:36 | 22.90 | 2:10:12 | 5:41 | 6 | 13:25 | 62 | 41:15 |
| Ilseburg/Markt | 3.30 | 15:16 | 4:37 | 9 | 1:54 | 68 | 4:14 | 26.20 | 2:25:28 | 5:33 | 8 | 15:19 | 84 | 45:29 |