



# 51. Brockenlauf

Ilseburg / 03.09.2022

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## Wettmarshausen, Sören

□□: TSV Steina  
 □□: 447

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M30 (30-34 Jahre)

□□□: 2:25:52

□□: 10.69 km/h  
 □□□□: 5:34 min/km

□□□□□/□□□: 92 (of 418)

□□□□□/□: 85 (of 336)

□□□□□□: 1:39:59

□□□□□: 8(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     | 16:54    | 5:07         | 6       | 4:54    | 49      | 4:54    | 3.30  | 16:54     | 5:07      | 6             | 4:54    | 49      | 4:54    |         |
| Schlüsie        | 3.10     | 18:52    | 6:05         | 8       | 5:25    | 62      | 5:25    | 6.40  | 35:46     | 5:35      | 6             | 10:19   | 54      | 10:19   |         |
| Hermannsklippe  | 2.60     | 16:47    | 6:27         | 8       | 4:59    | 75      | 4:59    | 9.00  | 52:33     | 5:50      | 7             | 15:18   | 56      | 15:18   |         |
| Brocken         | 3.10     | 27:54    | 9:00         | 8       | 9:44    | 86      | 9:44    | 12.10 | 1:20:27   | 6:38      | 8             | 25:02   | 65      | 25:02   |         |
| Eiserner Handwe | 3.60     | 18:04    | 5:01         | 9       | 6:02    | 111     | 6:02    | 15.70 | 1:38:31   | 6:16      | 8             | 31:04   | 67      | 31:04   |         |
| Schlüsie        | 4.10     | 16:41    | 4:04         | 9       | 5:09    | 99      | 5:09    | 19.80 | 1:55:12   | 5:49      | 8             | 36:13   | 72      | 36:13   |         |
| Loddenke        | 3.10     | 14:35    | 4:42         | 6       | 4:37    | 96      | 4:37    | 22.90 | 2:09:47   | 5:40      | 4             | 40:50   | 58      | 40:50   |         |
| Ilseburg/Markt  | 3.30     | 16:05    | 4:52         | 6       | 5:03    | 93      | 5:03    | 26.20 | 2:25:52   | 5:34      | 8             | 45:53   | 85      | 45:53   |         |