



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Zeyn, Frank

□□: Hannover Runners e.V.
 □□: 313

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:31:00

□□: 10.41 km/h
 □□□□: 5:46 min/km

□□□□□/□□□: 123 (of 418)

□□□□□/□: 110 (of 336)

□□□□□□: 1:39:59

□□□□□: 15(of 43)

□□□□□□□: 1:59:27

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:13 | 5:31 | 16 | 3:16 | 111 | 6:13 | 3.30 | 18:13 | 5:31 | 16 | 3:16 | 111 | 6:13 | |
| Schlüsie | 3.10 | 20:15 | 6:31 | 13 | 4:28 | 129 | 6:48 | 6.40 | 38:28 | 6:00 | 14 | 7:18 | 128 | 13:01 | |
| Hermannsklippe | 2.60 | 17:46 | 6:49 | 15 | 4:14 | 119 | 5:58 | 9.00 | 56:14 | 6:14 | 14 | 11:32 | 119 | 18:59 | |
| Brocken | 3.10 | 27:58 | 9:01 | 10 | 6:15 | 88 | 9:48 | 12.10 | 1:24:12 | 6:57 | 14 | 17:47 | 111 | 28:47 | |
| Eiserner Handwe | 3.60 | 18:34 | 5:09 | 18 | 3:42 | 133 | 6:32 | 15.70 | 1:42:46 | 6:32 | 14 | 21:29 | 111 | 35:19 | |
| Schlüsie | 4.10 | 16:53 | 4:07 | 13 | 2:38 | 101 | 5:21 | 19.80 | 1:59:39 | 6:02 | 15 | 23:35 | 107 | 40:40 | |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - | |
| Ilseburg/Markt | 3.30 | 31:21 | 9:30 | 37 | 19:25 | 304 | 20:19 | 26.20 | 2:31:00 | 5:45 | 15 | 31:33 | 110 | 51:01 | |