



# 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

□□: 10.33 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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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 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   |