



# 51. Brockenlauf

Ilsenburg / 03.09.2022

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## Oheim, Steffen

□□: Ilsenburg (Harz) (ST, HZ)

□□: 293

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:31:10

□□: 10.32 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 125 (of 418)

□□□□□/□: 112 (of 336)

□□□□□□: 1:39:59

□□□□□: 19(of 60)

□□□□□□□: 2:00:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:51	5:24	15	3:21	85	5:51	3.30	17:51	5:24	15	3:21	85	5:51
Schlüsie	3.10	18:23	5:55	12	2:48	48	4:56	6.40	36:14	5:39	12	6:09	57	10:47
Hermannsklippe	2.60	15:43	6:02	9	1:49	41	3:55	9.00	51:57	5:46	12	7:58	51	14:42
Brocken	3.10	26:33	8:33	11	3:47	59	8:23	12.10	1:18:30	6:29	11	11:39	52	23:05
Eiserner Handwe	3.60	18:55	5:15	28	4:36	149	6:53	15.70	1:37:25	6:12	12	14:51	61	29:58
Schlüsie	4.10	19:55	4:51	40	6:24	230	8:23	19.80	1:57:20	5:55	16	21:15	93	38:21
Loddenke	3.10	16:07	5:11	26	4:18	158	6:09	22.90	2:13:27	5:49	13	24:10	74	44:30
Ilsenburg/Markt	3.30	17:43	5:22	26	4:53	151	6:41	26.20	2:31:10	5:46	19	30:25	112	51:11