



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Norden, Mark

□□: BSG Schleswig-Holstein Netz
 □□: 291

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:31:50

□□: 10.27 km/h
 □□□□: 5:48 min/km

□□□□□/□□□: 130 (of 418)

□□□□□/□: 117 (of 336)

□□□□□□: 1:39:59

□□□□□: 15(of 29)

□□□□□□□: 1:55:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:01 | 4:51 | 7 | 2:23 | 35 | 4:01 | 3.30 | 16:01 | 4:51 | 7 | 2:23 | 35 | 4:01 |
| Schlüsie | 3.10 | 19:02 | 6:08 | 11 | 3:37 | 72 | 5:35 | 6.40 | 35:03 | 5:28 | 7 | 5:27 | 43 | 9:36 |
| Hermannsklippe | 2.60 | 16:45 | 6:26 | 12 | 3:08 | 72 | 4:57 | 9.00 | 51:48 | 5:45 | 10 | 8:11 | 50 | 14:33 |
| Brocken | 3.10 | 29:58 | 9:39 | 20 | 8:59 | 155 | 11:48 | 12.10 | 1:21:46 | 6:45 | 13 | 16:05 | 77 | 26:21 |
| Eiserner Handwe | 3.60 | 20:15 | 5:37 | 23 | 7:12 | 204 | 8:13 | 15.70 | 1:42:01 | 6:29 | 15 | 21:57 | 103 | 34:34 |
| Schlüsie | 4.10 | 18:43 | 4:33 | 23 | 5:58 | 187 | 7:11 | 19.80 | 2:00:44 | 6:05 | 15 | 27:55 | 113 | 41:45 |
| Loddenke | 3.10 | 15:04 | 4:51 | 14 | 3:27 | 115 | 5:06 | 22.90 | 2:15:48 | 5:55 | 12 | 28:18 | 82 | 46:51 |
| Ilseburg/Markt | 3.30 | 16:02 | 4:51 | 12 | 3:01 | 90 | 5:00 | 26.20 | 2:31:50 | 5:47 | 15 | 36:32 | 117 | 51:51 |