



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Wagner, Ulli**

□□: MTV Wolfenbüttel  
 □□: 435

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:33:57

□□: 10.13 km/h  
 □□□□: 5:53 min/km

□□□□□/□□□: 147 (of 418)

□□□□□/□: 132 (of 336)

□□□□□□: 1:39:59

□□□□□: 22(of 60)

□□□□□□□: 2:00:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 20:26    | 6:11         | 38      | 5:56    | 216     | 8:26    | 3.30  | 20:26     | 6:11          | 38      | 5:56    | 216     | 8:26    |
| Schlüsie        | 3.10     | 20:27    | 6:35         | 24      | 4:52    | 141     | 7:00    | 6.40  | 40:53     | 6:23          | 31      | 10:48   | 178     | 15:26   |
| Hermannsklippe  | 2.60     | 17:45    | 6:49         | 22      | 3:51    | 118     | 5:57    | 9.00  | 58:38     | 6:30          | 27      | 14:39   | 157     | 21:23   |
| Brocken         | 3.10     | 27:33    | 8:53         | 15      | 4:47    | 81      | 9:23    | 12.10 | 1:26:11   | 7:07          | 20      | 19:20   | 124     | 30:46   |
| Eiserner Handwe | 3.60     | 18:25    | 5:06         | 26      | 4:06    | 127     | 6:23    | 15.70 | 1:44:36   | 6:39          | 21      | 22:02   | 126     | 37:09   |
| Schlüsie        | 4.10     | 17:51    | 4:21         | 26      | 4:20    | 146     | 6:19    | 19.80 | 2:02:27   | 6:11          | 22      | 26:22   | 126     | 43:28   |
| Loddenke        | 3.10     | 15:08    | 4:52         | 18      | 3:19    | 120     | 5:10    | 22.90 | 2:17:35   | 6:00          | 17      | 28:18   | 95      | 48:38   |
| Ilseburg/Markt  | 3.30     | 16:22    | 4:57         | 18      | 3:32    | 105     | 5:20    | 26.20 | 2:33:57   | 5:52          | 22      | 33:12   | 132     | 53:58   |