



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Reuß, Steffen**

□□: Ballenstedt  
 □□: 329

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:35:28

□□: 10.03 km/h  
 □□□□: 5:56 min/km

□□□□□/□□□: 158 (of 418)

□□□□□/□: 144 (of 336)

□□□□□□: 1:39:59

□□□□□: 21(of 54)

□□□□□□□: 2:10:09

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:55    | 6:02         | 29      | 3:11    | 195     | 7:55    | 3.30  | 19:55     | 6:02          | 29      | 3:11    | 195     | 7:55    |
| Schlüsie        | 3.10     | 20:57    | 6:45         | 21      | 2:43    | 171     | 7:30    | 6.40  | 40:52     | 6:23          | 23      | 6:24    | 176     | 15:25   |
| Hermannsklippe  | 2.60     | 17:59    | 6:55         | 16      | 2:19    | 133     | 6:11    | 9.00  | 58:51     | 6:32          | 21      | 8:43    | 163     | 21:36   |
| Brocken         | 3.10     | 29:36    | 9:32         | 19      | 5:45    | 142     | 11:26   | 12.10 | 1:28:27   | 7:18          | 19      | 14:28   | 150     | 33:02   |
| Eiserner Handwe | 3.60     | 19:41    | 5:28         | 24      | 4:30    | 177     | 7:39    | 15.70 | 1:48:08   | 6:53          | 21      | 18:58   | 153     | 40:41   |
| Schlüsie        | 4.10     | 17:49    | 4:20         | 20      | 2:44    | 145     | 6:17    | 19.80 | 2:05:57   | 6:21          | 23      | 21:42   | 154     | 46:58   |
| Loddenke        | 3.10     | 14:29    | 4:40         | 12      | 1:57    | 90      | 4:31    | 22.90 | 2:20:26   | 6:07          | 18      | 23:39   | 113     | 51:29   |
| Ilseburg/Markt  | 3.30     | 15:02    | 4:33         | 8       | 1:40    | 58      | 4:00    | 26.20 | 2:35:28   | 5:56          | 21      | 25:19   | 144     | 55:29   |