



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Maihs, Tobi**

□□: Maschsee-Sharks Hannover  
 □□: 263

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:37:00

□□: 9.94 km/h  
 □□□□: 5:59 min/km

□□□□□/□□□: 168 (of 418)

□□□□□/□: 152 (of 336)

□□□□□□: 1:39:59

□□□□□: 26(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     | 18:34    | 5:37         | 26      | 4:04    | 138     | 6:34    | 3.30  | 18:34     | 5:37          | 26      | 4:04    | 138     | 6:34    |
| Schlüsie        | 3.10     | 21:23    | 6:53         | 35      | 5:48    | 191     | 7:56    | 6.40  | 39:57     | 6:14          | 28      | 9:52    | 153     | 14:30   |
| Hermannsklippe  | 2.60     | 18:57    | 7:17         | 32      | 5:03    | 184     | 7:09    | 9.00  | 58:54     | 6:32          | 29      | 14:55   | 164     | 21:39   |
| Brocken         | 3.10     | 32:11    | 10:22        | 35      | 9:25    | 214     | 14:01   | 12.10 | 1:31:05   | 7:31          | 32      | 24:14   | 187     | 35:40   |
| Eiserner Handwe | 3.60     | 18:20    | 5:05         | 25      | 4:01    | 123     | 6:18    | 15.70 | 1:49:25   | 6:58          | 28      | 26:51   | 170     | 41:58   |
| Schlüsie        | 4.10     | 16:36    | 4:02         | 18      | 3:05    | 94      | 5:04    | 19.80 | 2:06:01   | 6:21          | 26      | 29:56   | 155     | 47:02   |
| Loddenke        | 3.10     | fehlt!   | -            | -       | -       | -       | -       | 22.90 | -         | -             | -       | -       | -       | -       |
| Ilseburg/Markt  | 3.30     | 30:59    | 9:23         | 52      | 18:09   | 301     | 19:57   | 26.20 | 2:37:00   | 5:59          | 26      | 36:15   | 152     | 57:01   |