



51. Brockenlauf

Ilseburg / 03.09.2022

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Bettermann, Rainer

□□: TSV 1850/09 Korbach
 □□: 64

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:38:22

□□: 9.85 km/h
 □□□□: 6:02 min/km

□□□□□/□□□: 177 (of 418)

□□□□□/□: 159 (of 336)

□□□□□□: 1:39:59

□□□□□: 25(of 54)

□□□□□□□: 2:10:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:56	6:02	30	3:12	196	7:56	3.30	19:56	6:02	30	3:12	196	7:56
Schlüsie	3.10	20:58	6:45	22	2:44	173	7:31	6.40	40:54	6:23	25	6:26	180	15:27
Hermannsklippe	2.60	18:29	7:06	18	2:49	156	6:41	9.00	59:23	6:35	23	9:15	174	22:08
Brocken	3.10	30:22	9:47	22	6:31	169	12:12	12.10	1:29:45	7:25	24	15:46	170	34:20
Eiserner Handwe	3.60	19:28	5:24	23	4:17	169	7:26	15.70	1:49:13	6:57	26	20:03	167	41:46
Schlüsie	4.10	18:15	4:27	25	3:10	165	6:43	19.80	2:07:28	6:26	24	23:13	163	48:29
Loddenke	3.10	14:37	4:42	15	2:05	100	4:39	22.90	2:22:05	6:12	19	25:18	123	53:08
Ilseburg/Markt	3.30	16:17	4:56	15	2:55	100	5:15	26.20	2:38:22	6:02	25	28:13	159	58:23