



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Thoma, Manfred

□□: LG Rippershausen

□□: 415

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 2:42:09

□□: 9.69 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 193 (of 418)

□□□□□/□: 171 (of 336)

□□□□□□: 1:39:59

□□□□□: 6(of 19)

□□□□□□□: 2:24:41

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:17 | 6:45 | 17 | 4:49 | 292 | 10:17 | 3.30 | 22:17 | 6:45 | 17 | 4:49 | 292 | 10:17 |
| Schlüsie | 3.10 | 23:44 | 7:39 | 11 | 4:17 | 278 | 10:17 | 6.40 | 46:01 | 7:11 | 15 | 9:05 | 293 | 20:34 |
| Hermannsklippe | 2.60 | 19:00 | 7:18 | 6 | 1:50 | 186 | 7:12 | 9.00 | 1:05:01 | 7:13 | 10 | 10:35 | 263 | 27:46 |
| Brocken | 3.10 | 29:52 | 9:38 | 6 | 1:53 | 150 | 11:42 | 12.10 | 1:34:53 | 7:50 | 8 | 12:02 | 224 | 39:28 |
| Eiserner Handwe | 3.60 | 18:15 | 5:04 | 4 | 1:16 | 119 | 6:13 | 15.70 | 1:53:08 | 7:12 | 7 | 13:18 | 205 | 45:41 |
| Schlüsie | 4.10 | 17:08 | 4:10 | 4 | 1:06 | 114 | 5:36 | 19.80 | 2:10:16 | 6:34 | 7 | 14:18 | 187 | 51:17 |
| Loddenke | 3.10 | 14:36 | 4:42 | 4 | 1:11 | 99 | 4:38 | 22.90 | 2:24:52 | 6:19 | 5 | 15:21 | 134 | 55:55 |
| Ilseburg/Markt | 3.30 | 17:17 | 5:14 | 4 | 2:10 | 133 | 6:15 | 26.20 | 2:42:09 | 6:11 | 6 | 17:28 | 171 | 1:02:10 |