



# 51. Brockenlauf

Ilseburg / 03.09.2022

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## Fuchs, Karsten

□□: Wiesbaden

□□: 126

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:43:05

□□: 9.57 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 200 (of 418)

□□□□□/□: 178 (of 336)

□□□□□□: 1:39:59

□□□□□: 26(of 54)

□□□□□□□: 2:10:09

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:29	5:54	24	2:45	175	7:29	3.30	19:29	5:54	24	2:45	175	7:29	
Schlüsie	3.10	20:32	6:37	17	2:18	145	7:05	6.40	40:01	6:15	19	5:33	156	14:34	
Hermannsklippe	2.60	18:34	7:08	20	2:54	161	6:46	9.00	58:35	6:30	20	8:27	156	21:20	
Brocken	3.10	31:58	10:18	28	8:07	208	13:48	12.10	1:30:33	7:29	26	16:34	179	35:08	
Eiserner Handwe	3.60	18:38	5:10	18	3:27	139	6:36	15.70	1:49:11	6:57	25	20:01	166	41:44	
Schlüsie	4.10	19:21	4:43	31	4:16	203	7:49	19.80	2:08:32	6:29	26	24:17	173	49:33	
Loddenke	3.10	16:08	5:12	24	3:36	159	6:10	22.90	2:24:40	6:19	21	27:53	132	55:43	
Ilseburg/Markt	3.30	18:25	5:34	29	5:03	175	7:23	26.20	2:43:05	6:13	26	32:56	178	1:03:06	