



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Frese, Tim

□□: Bordesholmer Sportkegler

□□: 122

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:44:17

□□: 9.57 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 213 (of 418)

□□□□□/□: 189 (of 336)

□□□□□□: 1:39:59

□□□□□: 23(of 43)

□□□□□□□: 1:59:27

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:20 | 5:51 | 22 | 4:23 | 168 | 7:20 | 3.30 | 19:20 | 5:51 | 22 | 4:23 | 168 | 7:20 |
| Schlüsie | 3.10 | 21:12 | 6:50 | 21 | 5:25 | 185 | 7:45 | 6.40 | 40:32 | 6:19 | 25 | 9:22 | 171 | 15:05 |
| Hermannsklippe | 2.60 | 19:00 | 7:18 | 23 | 5:28 | 186 | 7:12 | 9.00 | 59:32 | 6:36 | 23 | 14:50 | 177 | 22:17 |
| Brocken | 3.10 | 32:06 | 10:21 | 27 | 10:23 | 211 | 13:56 | 12.10 | 1:31:38 | 7:34 | 23 | 25:13 | 192 | 36:13 |
| Eiserner Handwe | 3.60 | 19:17 | 5:21 | 22 | 4:25 | 162 | 7:15 | 15.70 | 1:50:55 | 7:03 | 22 | 29:38 | 184 | 43:28 |
| Schlüsie | 4.10 | 19:20 | 4:42 | 25 | 5:05 | 201 | 7:48 | 19.80 | 2:10:15 | 6:34 | 23 | 34:11 | 186 | 51:16 |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - |
| Ilseburg/Markt | 3.30 | 34:02 | 10:18 | 41 | 22:06 | 317 | 23:00 | 26.20 | 2:44:17 | 6:16 | 23 | 44:50 | 189 | 1:04:18 |