



51. Brockenlauf

Ilseburg / 03.09.2022

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Wernecke, Frank

□□: W+J

□□: 444

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:46:09

□□: 9.39 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 228 (of 418)

□□□□□/□: 199 (of 336)

□□□□□□: 1:39:59

□□□□□: 28(of 54)

□□□□□□□: 2:10:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:01	5:45	20	2:17	151	7:01	3.30	19:01	5:45	20	2:17	151	7:01
Schlüsie	3.10	22:39	7:18	36	4:25	243	9:12	6.40	41:40	6:30	29	7:12	204	16:13
Hermannsklippe	2.60	19:50	7:37	31	4:10	225	8:02	9.00	1:01:30	6:49	29	11:22	207	24:15
Brocken	3.10	32:33	10:29	31	8:42	218	14:23	12.10	1:34:03	7:46	30	20:04	217	38:38
Eiserner Handwe	3.60	20:24	5:39	29	5:13	215	8:22	15.70	1:54:27	7:17	29	25:17	215	47:00
Schlüsie	4.10	18:59	4:37	30	3:54	193	7:27	19.80	2:13:26	6:44	28	29:11	215	54:27
Loddenke	3.10	15:51	5:06	22	3:19	150	5:53	22.90	2:29:17	6:31	23	32:30	163	1:00:20
Ilseburg/Markt	3.30	16:52	5:06	19	3:30	121	5:50	26.20	2:46:09	6:20	28	36:00	199	1:06:10