



51. Brockenlauf

Ilseburg / 03.09.2022

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Göthel, René

□□: FC St. Pauli Triathlon
 □□: 142

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:46:39

□□: 9.36 km/h
 □□□□: 6:22 min/km

□□□□□/□□□: 231 (of 418)

□□□□□/□: 202 (of 336)

□□□□□□: 1:39:59

□□□□□: 36(of 60)

□□□□□□□: 2:00:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:18	5:50	30	4:48	164	7:18	3.30	19:18	5:50	30	4:48	164	7:18
Schlüsie	3.10	21:24	6:54	36	5:49	193	7:57	6.40	40:42	6:21	30	10:37	174	15:15
Hermannsklippe	2.60	19:27	7:28	38	5:33	211	7:39	9.00	1:00:09	6:41	33	16:10	188	22:54
Brocken	3.10	32:28	10:28	36	9:42	216	14:18	12.10	1:32:37	7:39	35	25:46	204	37:12
Eiserner Handwe	3.60	20:17	5:38	40	5:58	207	8:15	15.70	1:52:54	7:11	35	30:20	202	45:27
Schlüsie	4.10	20:08	4:54	44	6:37	238	8:36	19.80	2:13:02	6:43	36	36:57	209	54:03
Loddenke	3.10	15:57	5:08	25	4:08	153	5:59	22.90	2:28:59	6:30	27	39:42	161	1:00:02
Ilseburg/Markt	3.30	17:40	5:21	24	4:50	148	6:38	26.20	2:46:39	6:21	36	45:54	202	1:06:40