



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Möbius, Tino

□□: Lauffreunde Nüne
 □□: 280

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:48:04

□□: 9.28 km/h
 □□□□: 6:25 min/km

□□□□□/□□□: 244 (of 418)

□□□□□/□: 210 (of 336)

□□□□□□: 1:39:59

□□□□□: 29(of 54)

□□□□□□□: 2:10:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:57 | 6:02 | 31 | 3:13 | 197 | 7:57 | 3.30 | 19:57 | 6:02 | 31 | 3:13 | 197 | 7:57 |
| Schlüsie | 3.10 | 22:34 | 7:16 | 35 | 4:20 | 235 | 9:07 | 6.40 | 42:31 | 6:38 | 33 | 8:03 | 228 | 17:04 |
| Hermannsklippe | 2.60 | 20:15 | 7:47 | 34 | 4:35 | 241 | 8:27 | 9.00 | 1:02:46 | 6:58 | 32 | 12:38 | 227 | 25:31 |
| Brocken | 3.10 | 32:58 | 10:38 | 33 | 9:07 | 227 | 14:48 | 12.10 | 1:35:44 | 7:54 | 31 | 21:45 | 231 | 40:19 |
| Eiserner Handwe | 3.60 | 19:51 | 5:30 | 27 | 4:40 | 184 | 7:49 | 15.70 | 1:55:35 | 7:21 | 30 | 26:25 | 224 | 48:08 |
| Schlüsie | 4.10 | 18:06 | 4:24 | 23 | 3:01 | 161 | 6:34 | 19.80 | 2:13:41 | 6:45 | 29 | 29:26 | 216 | 54:42 |
| Loddenke | 3.10 | 16:36 | 5:21 | 27 | 4:04 | 177 | 6:38 | 22.90 | 2:30:17 | 6:33 | 24 | 33:30 | 166 | 1:01:20 |
| Ilseburg/Markt | 3.30 | 17:47 | 5:23 | 24 | 4:25 | 153 | 6:45 | 26.20 | 2:48:04 | 6:24 | 29 | 37:55 | 210 | 1:08:05 |