



51. Brockenlauf

Ilseburg / 03.09.2022

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Teske, Matthias

□□: Team Fritz

□□: 410

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:49:15

□□: 9.22 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 255 (of 418)

□□□□□/□: 220 (of 336)

□□□□□□: 1:39:59

□□□□□: 40(of 60)

□□□□□□□: 2:00:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:28	6:12	40	5:58	219	8:28	3.30	20:28	6:12	40	5:58	219	8:28
Schlüsie	3.10	20:48	6:42	29	5:13	158	7:21	6.40	41:16	6:26	34	11:11	192	15:49
Hermannsklippe	2.60	19:11	7:22	35	5:17	200	7:23	9.00	1:00:27	6:43	34	16:28	192	23:12
Brocken	3.10	33:40	10:51	45	10:54	243	15:30	12.10	1:34:07	7:46	38	27:16	218	38:42
Eiserner Handwe	3.60	20:46	5:46	45	6:27	229	8:44	15.70	1:54:53	7:19	41	32:19	220	47:26
Schlüsie	4.10	19:25	4:44	36	5:54	208	7:53	19.80	2:14:18	6:46	41	38:13	220	55:19
Loddenke	3.10	15:36	5:01	22	3:47	141	5:38	22.90	2:29:54	6:32	30	40:37	165	1:00:57
Ilseburg/Markt	3.30	19:21	5:51	36	6:31	201	8:19	26.20	2:49:15	6:27	40	48:30	220	1:09:16