



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Mayer, Michael

□□: Wiesbaden
 □□: 268

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:49:48

□□: 9.19 km/h
 □□□□: 6:29 min/km

□□□□□/□□□: 259 (of 418)

□□□□□/□: 223 (of 336)

□□□□□□: 1:39:59

□□□□□: 41(of 60)

□□□□□□□: 2:00:45

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:54	6:19	44	6:24	240	8:54	3.30	20:54	6:19	44	6:24	240	8:54
Schlüsie	3.10	22:29	7:15	42	6:54	228	9:02	6.40	43:23	6:46	45	13:18	246	17:56
Hermannsklippe	2.60	19:49	7:37	43	5:55	224	8:01	9.00	1:03:12	7:01	42	19:13	235	25:57
Brocken	3.10	31:51	10:16	32	9:05	202	13:41	12.10	1:35:03	7:51	42	28:12	226	39:38
Eiserner Handwe	3.60	19:48	5:30	34	5:29	181	7:46	15.70	1:54:51	7:18	40	32:17	219	47:24
Schlüsie	4.10	20:00	4:52	42	6:29	234	8:28	19.80	2:14:51	6:48	43	38:46	224	55:52
Loddenke	3.10	16:10	5:12	27	4:21	161	6:12	22.90	2:31:01	6:35	31	41:44	172	1:02:04
Ilseburg/Markt	3.30	18:47	5:41	33	5:57	190	7:45	26.20	2:49:48	6:28	41	49:03	223	1:09:49