



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Winkler, Nicolas

□□: Team Erdinger Active

□□: 453

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:50:54

□□: 9.13 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 262 (of 418)

□□□□□/□: 226 (of 336)

□□□□□□: 1:39:59

□□□□□: 15(of 22)

□□□□□□□: 1:39:59

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:10 | 5:48 | 11 | 7:10 | 157 | 7:10 | 3.30 | 19:10 | 5:48 | 11 | 7:10 | 157 | 7:10 | |
| Schlüsie | 3.10 | 22:17 | 7:11 | 15 | 8:50 | 223 | 8:50 | 6.40 | 41:27 | 6:28 | 15 | 16:00 | 196 | 16:00 | |
| Hermannsklippe | 2.60 | 20:36 | 7:55 | 17 | 8:48 | 248 | 8:48 | 9.00 | 1:02:03 | 6:53 | 15 | 24:48 | 216 | 24:48 | |
| Brocken | 3.10 | 36:30 | 11:46 | 20 | 18:20 | 288 | 18:20 | 12.10 | 1:38:33 | 8:08 | 16 | 43:08 | 257 | 43:08 | |
| Eiserner Handwe | 3.60 | 20:19 | 5:38 | 14 | 8:17 | 210 | 8:17 | 15.70 | 1:58:52 | 7:34 | 15 | 51:25 | 248 | 51:25 | |
| Schlüsie | 4.10 | 18:47 | 4:34 | 14 | 7:15 | 191 | 7:15 | 19.80 | 2:17:39 | 6:57 | 15 | 58:40 | 240 | 58:40 | |
| Loddenke | 3.10 | 15:45 | 5:04 | 8 | 5:47 | 147 | 5:47 | 22.90 | 2:33:24 | 6:41 | 10 | 1:04:27 | 184 | 1:04:27 | |
| Ilseburg/Markt | 3.30 | 17:30 | 5:18 | 8 | 6:28 | 143 | 6:28 | 26.20 | 2:50:54 | 6:31 | 15 | 1:10:55 | 226 | 1:10:55 | |