



51. Brockenlauf

Ilseburg / 03.09.2022

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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	