



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Van Rennings, Uwe

□□: Hassel

□□: 464

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:52:57

□□: 9.02 km/h

□□□□: 6:36 min/km

□□□□□/□□□: 278 (of 418)

□□□□□/□: 241 (of 336)

□□□□□□: 1:39:59

□□□□□: 34(of 54)

□□□□□□□: 2:10:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:40	6:33	43	4:56	273	9:40	3.30	21:40	6:33	43	4:56	273	9:40
Schlüsie	3.10	22:31	7:15	34	4:17	232	9:04	6.40	44:11	6:54	42	9:43	258	18:44
Hermannsklippe	2.60	19:48	7:36	30	4:08	223	8:00	9.00	1:03:59	7:06	39	13:51	248	26:44
Brocken	3.10	32:23	10:26	30	8:32	215	14:13	12.10	1:36:22	7:57	33	22:23	240	40:57
Eiserner Handwe	3.60	21:54	6:04	38	6:43	260	9:52	15.70	1:58:16	7:31	33	29:06	244	50:49
Schlüsie	4.10	21:26	5:13	41	6:21	281	9:54	19.80	2:19:42	7:03	37	35:27	252	1:00:43
Loddenke	3.10	16:17	5:15	25	3:45	165	6:19	22.90	2:35:59	6:48	30	39:12	195	1:07:02
Ilseburg/Markt	3.30	16:58	5:08	20	3:36	125	5:56	26.20	2:52:57	6:36	34	42:48	241	1:12:58