



51. Brockenlauf

Ilseburg / 03.09.2022

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Koch, Stephan

□□: LG Rippershausen

□□: 216

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:53:16

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 279 (of 418)

□□□□□/□: 242 (of 336)

□□□□□□: 1:39:59

□□□□□: 43(of 60)

□□□□□□□: 2:00:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	6:44	52	7:44	290	10:14	3.30	22:14	6:44	52	7:44	290	10:14
Schlüsie	3.10	23:28	7:34	52	7:53	270	10:01	6.40	45:42	7:08	53	15:37	285	20:15
Hermannsklippe	2.60	19:19	7:25	37	5:25	207	7:31	9.00	1:05:01	7:13	49	21:02	263	27:46
Brocken	3.10	29:52	9:38	26	7:06	150	11:42	12.10	1:34:53	7:50	41	28:02	224	39:28
Eiserner Handwe	3.60	21:35	5:59	48	7:16	249	9:33	15.70	1:56:28	7:25	44	33:54	234	49:01
Schlüsie	4.10	20:13	4:55	45	6:42	245	8:41	19.80	2:16:41	6:54	45	40:36	237	57:42
Loddenke	3.10	17:22	5:36	37	5:33	199	7:24	22.90	2:34:03	6:43	34	44:46	186	1:05:06
Ilseburg/Markt	3.30	19:13	5:49	35	6:23	197	8:11	26.20	2:53:16	6:36	43	52:31	242	1:13:17