



51. Brockenlauf

Ilseburg / 03.09.2022

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Röhling, Benni

□□: Stapelburg

□□: 336

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:53:19

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 280 (of 418)

□□□□□/□: 243 (of 336)

□□□□□□: 1:39:59

□□□□□: 16(of 22)

□□□□□□□: 1:39:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:29	5:54	12	7:29	175	7:29	3.30	19:29	5:54	12	7:29	175	7:29
Schlüsie	3.10	22:18	7:11	16	8:51	224	8:51	6.40	41:47	6:31	16	16:20	208	16:20
Hermannsklippe	2.60	21:14	8:09	18	9:26	267	9:26	9.00	1:03:01	7:00	16	25:46	231	25:46
Brocken	3.10	34:18	11:03	16	16:08	253	16:08	12.10	1:37:19	8:02	15	41:54	246	41:54
Eiserner Handwe	3.60	22:13	6:10	18	10:11	270	10:11	15.70	1:59:32	7:36	16	52:05	250	52:05
Schlüsie	4.10	19:40	4:47	16	8:08	219	8:08	19.80	2:19:12	7:01	16	1:00:13	249	1:00:13
Loddenke	3.10	16:19	5:15	9	6:21	168	6:21	22.90	2:35:31	6:47	11	1:06:34	194	1:06:34
Ilseburg/Markt	3.30	17:48	5:23	9	6:46	155	6:46	26.20	2:53:19	6:36	16	1:13:20	243	1:13:20