



51. Brockenlauf

Ilseburg / 03.09.2022

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Schumann, Marcus

□□: Braunschweig

□□: 374

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:55:00

□□: 8.91 km/h

□□□□: 6:41 min/km

□□□□□/□□□: 288 (of 418)

□□□□□/□: 250 (of 336)

□□□□□□: 1:39:59

□□□□□: 45(of 60)

□□□□□□□: 2:00:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:28 | 6:30 | 48 | 6:58 | 267 | 9:28 | 3.30 | 21:28 | 6:30 | 48 | 6:58 | 267 | 9:28 | |
| Schlüsie | 3.10 | 23:01 | 7:25 | 50 | 7:26 | 261 | 9:34 | 6.40 | 44:29 | 6:57 | 49 | 14:24 | 264 | 19:02 | |
| Hermannsklippe | 2.60 | 21:31 | 8:16 | 50 | 7:37 | 270 | 9:43 | 9.00 | 1:06:00 | 7:19 | 52 | 22:01 | 271 | 28:45 | |
| Brocken | 3.10 | 34:39 | 11:10 | 49 | 11:53 | 259 | 16:29 | 12.10 | 1:40:39 | 8:19 | 51 | 33:48 | 269 | 45:14 | |
| Eiserner Handwe | 3.60 | 20:20 | 5:38 | 41 | 6:01 | 212 | 8:18 | 15.70 | 2:00:59 | 7:42 | 50 | 38:25 | 259 | 53:32 | |
| Schlüsie | 4.10 | 18:38 | 4:32 | 32 | 5:07 | 181 | 7:06 | 19.80 | 2:19:37 | 7:03 | 46 | 43:32 | 251 | 1:00:38 | |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - | |
| Ilseburg/Markt | 3.30 | 35:23 | 10:43 | 56 | 22:33 | 321 | 24:21 | 26.20 | 2:55:00 | 6:40 | 45 | 54:15 | 250 | 1:15:01 | |