



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Heym, Andreas

□□: EDEKA-Team ERFURT
 □□: 172

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:00:16

□□: 8.65 km/h
 □□□□: 6:53 min/km

□□□□□/□□□: 311 (of 418)

□□□□□/□: 267 (of 336)

□□□□□□: 1:39:59

□□□□□: 50(of 60)

□□□□□□□: 2:00:45

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:43 | 5:40 | 27 | 4:13 | 143 | 6:43 | 3.30 | 18:43 | 5:40 | 27 | 4:13 | 143 | 6:43 |
| Schlüsie | 3.10 | 24:44 | 7:58 | 55 | 9:09 | 299 | 11:17 | 6.40 | 43:27 | 6:47 | 46 | 13:22 | 247 | 18:00 |
| Hermannsklippe | 2.60 | 22:48 | 8:46 | 55 | 8:54 | 303 | 11:00 | 9.00 | 1:06:15 | 7:21 | 53 | 22:16 | 275 | 29:00 |
| Brocken | 3.10 | 36:34 | 11:47 | 53 | 13:48 | 290 | 18:24 | 12.10 | 1:42:49 | 8:29 | 54 | 35:58 | 285 | 47:24 |
| Eiserner Handwe | 3.60 | 19:51 | 5:30 | 35 | 5:32 | 184 | 7:49 | 15.70 | 2:02:40 | 7:48 | 52 | 40:06 | 273 | 55:13 |
| Schlüsie | 4.10 | 21:00 | 5:07 | 51 | 7:29 | 270 | 9:28 | 19.80 | 2:23:40 | 7:15 | 52 | 47:35 | 268 | 1:04:41 |
| Loddenke | 3.10 | 17:33 | 5:39 | 39 | 5:44 | 207 | 7:35 | 22.90 | 2:41:13 | 7:02 | 40 | 51:56 | 210 | 1:12:16 |
| Ilseburg/Markt | 3.30 | 19:03 | 5:46 | 34 | 6:13 | 193 | 8:01 | 26.20 | 3:00:16 | 6:52 | 50 | 59:31 | 267 | 1:20:17 |