



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

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□□□	□□ 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