



51. Brockenlauf

Ilseburg / 03.09.2022

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Tedt, Thorsten

□□: Siek

□□: 408

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:01:24

□□: 8.67 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 315 (of 418)

□□□□□/□: 270 (of 336)

□□□□□□: 1:39:59

□□□□□: 51(of 60)

□□□□□□□: 2:00:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:59 | 6:03 | 35 | 5:29 | 200 | 7:59 | 3.30 | 19:59 | 6:03 | 35 | 5:29 | 200 | 7:59 |
| Schlüsie | 3.10 | 22:30 | 7:15 | 43 | 6:55 | 230 | 9:03 | 6.40 | 42:29 | 6:38 | 41 | 12:24 | 227 | 17:02 |
| Hermannsklippe | 2.60 | 20:51 | 8:01 | 49 | 6:57 | 257 | 9:03 | 9.00 | 1:03:20 | 7:02 | 43 | 19:21 | 238 | 26:05 |
| Brocken | 3.10 | 35:58 | 11:36 | 52 | 13:12 | 281 | 17:48 | 12.10 | 1:39:18 | 8:12 | 49 | 32:27 | 264 | 43:53 |
| Eiserner Handwe | 3.60 | 23:32 | 6:32 | 54 | 9:13 | 299 | 11:30 | 15.70 | 2:02:50 | 7:49 | 53 | 40:16 | 274 | 55:23 |
| Schlüsie | 4.10 | 21:25 | 5:13 | 52 | 7:54 | 280 | 9:53 | 19.80 | 2:24:15 | 7:17 | 53 | 48:10 | 272 | 1:05:16 |
| Loddenke | 3.10 | 17:26 | 5:37 | 38 | 5:37 | 202 | 7:28 | 22.90 | 2:41:41 | 7:03 | 41 | 52:24 | 211 | 1:12:44 |
| Ilseburg/Markt | 3.30 | 19:43 | 5:58 | 37 | 6:53 | 206 | 8:41 | 26.20 | 3:01:24 | 6:55 | 51 | 1:00:39 | 270 | 1:21:25 |