



51. Brockenlauf

Ilseburg / 03.09.2022

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Kretschmer, Ralf

□□: Hansestadt Stendal
 □□: 228

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:05:10

□□: 8.42 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 331 (of 418)

□□□□□/□: 281 (of 336)

□□□□□□: 1:39:59

□□□□□: 43(of 54)

□□□□□□□: 2:10:09

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:16 | 5:50 | 22 | 2:32 | 161 | 7:16 | 3.30 | 19:16 | 5:50 | 22 | 2:32 | 161 | 7:16 |
| Schlüsie | 3.10 | 22:54 | 7:23 | 40 | 4:40 | 257 | 9:27 | 6.40 | 42:10 | 6:35 | 31 | 7:42 | 217 | 16:43 |
| Hermannsklippe | 2.60 | 23:25 | 9:00 | 49 | 7:45 | 313 | 11:37 | 9.00 | 1:05:35 | 7:17 | 43 | 15:27 | 268 | 28:20 |
| Brocken | 3.10 | 34:54 | 11:15 | 39 | 11:03 | 266 | 16:44 | 12.10 | 1:40:29 | 8:18 | 42 | 26:30 | 267 | 45:04 |
| Eiserner Handwe | 3.60 | 24:20 | 6:45 | 48 | 9:09 | 308 | 12:18 | 15.70 | 2:04:49 | 7:57 | 44 | 35:39 | 284 | 57:22 |
| Schlüsie | 4.10 | 22:19 | 5:26 | 44 | 7:14 | 289 | 10:47 | 19.80 | 2:27:08 | 7:25 | 44 | 42:53 | 289 | 1:08:09 |
| Loddenke | 3.10 | 19:37 | 6:19 | 41 | 7:05 | 236 | 9:39 | 22.90 | 2:46:45 | 7:16 | 38 | 49:58 | 227 | 1:17:48 |
| Ilseburg/Markt | 3.30 | 18:25 | 5:34 | 29 | 5:03 | 175 | 7:23 | 26.20 | 3:05:10 | 7:04 | 43 | 55:01 | 281 | 1:25:11 |