



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Woelkerling, Juergen

□□: TTC Beendorf
 □□: 44

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:08:26

□□: 8.28 km/h
 □□□□: 7:11 min/km

□□□□□/□□□: 345 (of 418)

□□□□□/□: 291 (of 336)

□□□□□□: 1:39:59

□□□□□: 21(of 29)

□□□□□□□: 2:11:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:24	6:47	23	5:53	295	10:24	3.30	22:24	6:47	23	5:53	295	10:24
Schlüsie	3.10	24:23	7:51	21	7:00	292	10:56	6.40	46:47	7:18	23	12:53	300	21:20
Hermannsklippe	2.60	22:20	8:35	20	7:12	294	10:32	9.00	1:09:07	7:40	23	20:05	300	31:52
Brocken	3.10	36:44	11:50	21	11:45	292	18:34	12.10	1:45:51	8:44	21	31:50	300	50:26
Eiserner Handwe	3.60	23:59	6:39	24	8:34	303	11:57	15.70	2:09:50	8:16	22	40:24	301	1:02:23
Schlüsie	4.10	21:24	5:13	22	7:02	277	9:52	19.80	2:31:14	7:38	23	46:58	299	1:12:15
Loddenke	3.10	17:40	5:41	18	5:08	209	7:42	22.90	2:48:54	7:22	19	52:06	234	1:19:57
Ilseburg/Markt	3.30	19:32	5:55	14	5:22	204	8:30	26.20	3:08:26	7:11	21	57:02	291	1:28:27