



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Jakobi, Joachim**

□□: LG Pronsfeld-Lünebach  
 □□: 191

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 3:10:27

□□: 8.19 km/h  
 □□□□: 7:16 min/km

□□□□□/□□□: 351 (of 418)

□□□□□/□: 293 (of 336)

□□□□□□: 1:39:59

□□□□□: 45(of 54)

□□□□□□□: 2:10:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:21	7:04	50	6:37	313	11:21	3.30	23:21	7:04	50	6:37	313	11:21
Schlüsie	3.10	25:28	8:12	46	7:14	305	12:01	6.40	48:49	7:37	49	14:21	313	23:22
Hermannsklippe	2.60	23:02	8:51	45	7:22	305	11:14	9.00	1:11:51	7:58	50	21:43	313	34:36
Brocken	3.10	37:17	12:01	46	13:26	302	19:07	12.10	1:49:08	9:01	49	35:09	310	53:43
Eiserner Handwe	3.60	22:30	6:15	41	7:19	278	10:28	15.70	2:11:38	8:23	49	42:28	308	1:04:11
Schlüsie	4.10	21:24	5:13	40	6:19	277	9:52	19.80	2:33:02	7:43	48	48:47	305	1:14:03
Loddenke	3.10	17:23	5:36	30	4:51	200	7:25	22.90	2:50:25	7:26	40	53:38	236	1:21:28
Ilseburg/Markt	3.30	20:02	6:04	33	6:40	214	9:00	26.20	3:10:27	7:16	45	1:00:18	293	1:30:28