



# 51. Brockenlauf

Ilseburg / 03.09.2022

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Hanel, Gerd

□□: Hannover  
 □□: 153

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 3:22:03

□□: 7.72 km/h  
 □□□□: 7:43 min/km

□□□□□/□□□: 383 (of 418)

□□□□□/□: 315 (of 336)

□□□□□□: 1:39:59

□□□□□: 51(of 54)

□□□□□□□: 2:10:09

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 24:44    | 7:29         | 53      | 8:00    | 327     | 12:44   | 3.30  | 24:44     | 7:29          | 53      | 8:00    | 327     | 12:44   |
| Schlüsie        | 3.10     | 25:53    | 8:20         | 49      | 7:39    | 309     | 12:26   | 6.40  | 50:37     | 7:54          | 53      | 16:09   | 325     | 25:10   |
| Hermannsklippe  | 2.60     | 23:19    | 8:58         | 48      | 7:39    | 311     | 11:31   | 9.00  | 1:13:56   | 8:12          | 52      | 23:48   | 319     | 36:41   |
| Brocken         | 3.10     | 37:26    | 12:04        | 47      | 13:35   | 305     | 19:16   | 12.10 | 1:51:22   | 9:12          | 51      | 37:23   | 318     | 55:57   |
| Eiserner Handwe | 3.60     | 24:34    | 6:49         | 49      | 9:23    | 311     | 12:32   | 15.70 | 2:15:56   | 8:39          | 51      | 46:46   | 318     | 1:08:29 |
| Schlüsie        | 4.10     | 23:54    | 5:49         | 51      | 8:49    | 313     | 12:22   | 19.80 | 2:39:50   | 8:04          | 51      | 55:35   | 318     | 1:20:51 |
| Loddenke        | 3.10     | 19:18    | 6:13         | 40      | 6:46    | 233     | 9:20    | 22.90 | 2:59:08   | 7:49          | 45      | 1:02:21 | 254     | 1:30:11 |
| Ilseburg/Markt  | 3.30     | 22:55    | 6:56         | 44      | 9:33    | 251     | 11:53   | 26.20 | 3:22:03   | 7:42          | 51      | 1:11:54 | 315     | 1:42:04 |