



51. Brockenlauf

Ilseburg / 03.09.2022

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Doll, Achim

□□: ITC

□□: 98

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:27:16

□□: 7.58 km/h

□□□□: 7:55 min/km

□□□□□/□□□: 390 (of 418)

□□□□□/□: 320 (of 336)

□□□□□□: 1:39:59

□□□□□: 57(of 60)

□□□□□□□: 2:00:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:29 | 6:48 | 55 | 7:59 | 299 | 10:29 | 3.30 | 22:29 | 6:48 | 55 | 7:59 | 299 | 10:29 |
| Schlüsie | 3.10 | 27:05 | 8:44 | 58 | 11:30 | 321 | 13:38 | 6.40 | 49:34 | 7:44 | 57 | 19:29 | 317 | 24:07 |
| Hermannsklippe | 2.60 | 25:34 | 9:49 | 59 | 11:40 | 328 | 13:46 | 9.00 | 1:15:08 | 8:20 | 58 | 31:09 | 324 | 37:53 |
| Brocken | 3.10 | 39:54 | 12:52 | 59 | 17:08 | 326 | 21:44 | 12.10 | 1:55:02 | 9:30 | 58 | 48:11 | 324 | 59:37 |
| Eiserner Handwe | 3.60 | 26:52 | 7:27 | 59 | 12:33 | 328 | 14:50 | 15.70 | 2:21:54 | 9:02 | 59 | 59:20 | 325 | 1:14:27 |
| Schlüsie | 4.10 | 24:40 | 6:00 | 58 | 11:09 | 321 | 13:08 | 19.80 | 2:46:34 | 8:24 | 58 | 1:10:29 | 323 | 1:27:35 |
| Loddenke | 3.10 | fehlt! | - | - | - | - | - | 22.90 | - | - | - | - | - | - |
| Ilseburg/Markt | 3.30 | 40:42 | 12:20 | 59 | 27:52 | 332 | 29:40 | 26.20 | 3:27:16 | 7:54 | 57 | 1:26:31 | 320 | 1:47:17 |