



# 52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

**Rissiek, Daniel**

□□: LG TuS Lügde

□□: 503

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:19:13

□□: 11.21 km/h

□□□□: 5:19 min/km

□□□□□/□□□: 70 (of 537)

□□□□□/□: 63 (of 440)

□□□□□□: 1:41:44

□□□□□: 13(of 57)

□□□□□□□: 1:54:56

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 17:25    | 5:16         | 17      | 3:08    | 85      | 5:13    | 3.30  | 17:25     | 5:16      | 17            | 3:08    | 85      | 5:13    |         |
| Schlüsie        | 3.10     | 19:05    | 6:09         | 18      | 3:20    | 90      | 5:41    | 6.40  | 36:30     | 5:42      | 16            | 6:28    | 84      | 10:54   |         |
| Hermannsklippe  | 2.60     | 16:23    | 6:18         | 13      | 2:43    | 71      | 4:29    | 9.00  | 52:53     | 5:52      | 15            | 9:11    | 77      | 15:23   |         |
| Brocken         | 3.10     | 25:38    | 8:16         | 7       | 4:49    | 53      | 7:25    | 12.10 | 1:18:31   | 6:29      | 11            | 14:00   | 67      | 22:48   |         |
| Eiserner Handwe | 3.60     | 16:40    | 4:37         | 14      | 3:03    | 66      | 4:04    | 15.70 | 1:35:11   | 6:03      | 12            | 17:03   | 66      | 26:52   |         |
| Schlüsie        | 4.10     | 16:31    | 4:01         | 15      | 3:13    | 84      | 4:34    | 19.80 | 1:51:42   | 5:38      | 13            | 20:16   | 66      | 31:26   |         |
| Loddenke        | 3.10     | 13:12    | 4:15         | 12      | 1:53    | 69      | 3:08    | 22.90 | 2:04:54   | 5:27      | 14            | 22:09   | 65      | 34:34   |         |
| Ilseburg/Markt  | 3.30     | 14:19    | 4:20         | 8       | 2:08    | 52      | 2:55    | 26.20 | 2:19:13   | 5:18      | 13            | 24:17   | 63      | 37:29   |         |