



52. Brockenlauf

Ilseburg / 02.09.2023

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Ebert, Felix

□□: Braunschweig

□□: 493

□□: 26.20 km

26,2 km - Lauf

□□□□:

Männer (20-29 Jahre)

□□□: 2:22:06

□□: 10.98 km/h

□□□□: 5:25 min/km

□□□□□/□□□: 84 (of 537)

□□□□□/□: 76 (of 440)

□□□□□□: 1:41:44

□□□□□: 10(of 34)

□□□□□□□: 1:57:58

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:25 | 5:34 | 17 | 4:33 | 133 | 6:13 | 3.30 | 18:25 | 5:34 | 17 | 4:33 | 133 | 6:13 | |
| Schlüsie | 3.10 | 19:18 | 6:13 | 14 | 3:56 | 103 | 5:54 | 6.40 | 37:43 | 5:53 | 14 | 8:29 | 115 | 12:07 | |
| Hermannsklippe | 2.60 | 16:29 | 6:20 | 10 | 2:58 | 75 | 4:35 | 9.00 | 54:12 | 6:01 | 13 | 11:27 | 102 | 16:42 | |
| Brocken | 3.10 | 26:10 | 8:26 | 8 | 5:19 | 63 | 7:57 | 12.10 | 1:20:22 | 6:38 | 12 | 16:46 | 80 | 24:39 | |
| Eiserner Handwe | 3.60 | 16:48 | 4:40 | 9 | 2:17 | 70 | 4:12 | 15.70 | 1:37:10 | 6:11 | 11 | 18:05 | 77 | 28:51 | |
| Schlüsie | 4.10 | 16:45 | 4:05 | 9 | 3:20 | 98 | 4:48 | 19.80 | 1:53:55 | 5:45 | 11 | 19:42 | 77 | 33:39 | |
| Loddenke | 3.10 | 13:04 | 4:12 | 9 | 2:12 | 66 | 3:00 | 22.90 | 2:06:59 | 5:32 | 10 | 21:54 | 74 | 36:39 | |
| Ilseburg/Markt | 3.30 | 15:07 | 4:34 | 13 | 2:29 | 90 | 3:43 | 26.20 | 2:22:06 | 5:25 | 10 | 24:08 | 76 | 40:22 | |