



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Heinz, Nino

□□: Project19veloclub
 □□: 169

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 2:24:43

□□: 10.86 km/h
 □□□□: 5:31 min/km

□□□□□/□□□: 98 (of 537)

□□□□□/□: 90 (of 440)

□□□□□□: 1:41:44

□□□□□: 19(of 57)

□□□□□□□: 1:54:56

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:53 | 6:01 | 31 | 5:36 | 241 | 7:41 | 3.30 | 19:53 | 6:01 | 31 | 5:36 | 241 | 7:41 |
| Schlüsie | 3.10 | 19:15 | 6:12 | 19 | 3:30 | 99 | 5:51 | 6.40 | 39:08 | 6:06 | 25 | 9:06 | 158 | 13:32 |
| Hermannsklippe | 2.60 | 16:58 | 6:31 | 19 | 3:18 | 101 | 5:04 | 9.00 | 56:06 | 6:14 | 23 | 12:24 | 129 | 18:36 |
| Brocken | 3.10 | 25:59 | 8:22 | 9 | 5:10 | 57 | 7:46 | 12.10 | 1:22:05 | 6:47 | 20 | 17:34 | 97 | 26:22 |
| Eiserner Handwe | 3.60 | 18:01 | 5:00 | 22 | 4:24 | 140 | 5:25 | 15.70 | 1:40:06 | 6:22 | 21 | 21:58 | 100 | 31:47 |
| Schlüsie | 4.10 | 17:03 | 4:09 | 22 | 3:45 | 117 | 5:06 | 19.80 | 1:57:09 | 5:55 | 21 | 25:43 | 100 | 36:53 |
| Loddenke | 3.10 | 12:57 | 4:10 | 10 | 1:38 | 60 | 2:53 | 22.90 | 2:10:06 | 5:40 | 20 | 27:21 | 95 | 39:46 |
| Ilseburg/Markt | 3.30 | 14:37 | 4:25 | 12 | 2:26 | 66 | 3:13 | 26.20 | 2:24:43 | 5:31 | 19 | 29:47 | 90 | 42:59 |