



# 52. Brockenlauf

Ilsenburg / 02.09.2023

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**Harbart, Bernd**

□□: Road Runners Holtensen  
 □□: 14

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 2:27:21

□□: 10.59 km/h  
 □□□□: 5:37 min/km

□□□□□/□□□: 113 (of 537)

□□□□□/□: 104 (of 440)

□□□□□□: 1:41:44

□□□□□: 10(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:28	5:35	19	3:57	140	6:16	3.30	18:28	5:35	19	3:57	140	6:16	
Schlüsie	3.10	19:55	6:25	15	3:46	140	6:31	6.40	38:23	5:59	15	7:22	127	12:47	
Hermannsklippe	2.60	17:46	6:49	19	3:40	155	5:52	9.00	56:09	6:14	15	11:02	136	18:39	
Brocken	3.10	28:23	9:09	12	5:53	111	10:10	12.10	1:24:32	6:59	14	16:29	125	28:49	
Eiserner Handwe	3.60	17:43	4:55	12	3:44	112	5:07	15.70	1:42:15	6:30	12	19:57	117	33:56	
Schlüsie	4.10	16:26	4:00	10	2:54	79	4:29	19.80	1:58:41	5:59	11	22:50	112	38:25	
Loddenke	3.10	13:30	4:21	10	2:13	83	3:26	22.90	2:12:11	5:46	11	24:50	108	41:51	
Ilsenburg/Markt	3.30	15:10	4:35	11	2:13	93	3:46	26.20	2:27:21	5:37	10	26:56	104	45:37	