



52. Brockenlauf Ilseburg / 02.09.2023

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Flanz, Klaus-Jürgen

00: SV Hoyerhagen

00: 117

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 2:29:40

00: 10.42 km/h

0000: 5:43 min/km

00000/000: 132 (of 537)

00000/0: 120 (of 440)

000000: 1:41:44

00000: 13(of 59)

0000000: 2:13:09

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	20:18	6:09	35	4:51	269	8:06	3.30	20:18	6:09	35	4:51	269	8:06
Schlüsse	3.10	19:59	6:26	14	2:05	146	6:35	6.40	40:17	6:17	19	6:52	197	14:41
Hermannsklippe	2.60	17:14	6:37	10	1:44	112	5:20	9.00	57:31	6:23	17	7:52	165	20:01
Brocken	3.10	27:07	8:44	8	2:25	80	8:54	12.10	1:24:38	6:59	11	9:16	126	28:55
Eiserner Handwe	3.60	17:40	4:54	13	2:22	108	5:04	15.70	1:42:18	6:30	11	11:08	118	33:59
Schlüsse	4.10	17:17	4:12	17	1:57	130	5:20	19.80	1:59:35	6:02	13	13:05	120	39:19
Loddenke	3.10	13:56	4:29	10	1:31	110	3:52	22.90	2:13:31	5:49	13	14:36	119	43:11
Ilseburg/Markt	3.30	16:09	4:53	17	2:19	153	4:45	26.20	2:29:40	5:42	13	16:31	120	47:56