



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Gerhardt, Christian

□□: Spiridon Club Bad Oodesloe
 □□: 139

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:31:00

□□: 10.33 km/h
 □□□□: 5:46 min/km

□□□□□/□□□: 137 (of 537)

□□□□□/□: 124 (of 440)

□□□□□□: 1:41:44

□□□□□: 17(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:51	5:24	14	3:20	101	5:39	3.30	17:51	5:24	14	3:20	101	5:39
Schlüsie	3.10	19:36	6:19	13	3:27	116	6:12	6.40	37:27	5:51	12	6:26	108	11:51
Hermannsklippe	2.60	17:23	6:41	12	3:17	130	5:29	9.00	54:50	6:05	12	9:43	112	17:20
Brocken	3.10	27:48	8:58	10	5:18	95	9:35	12.10	1:22:38	6:49	10	14:35	101	26:55
Eiserner Handwe	3.60	18:06	5:01	21	4:07	144	5:30	15.70	1:40:44	6:24	11	18:26	106	32:25
Schlüsie	4.10	18:48	4:35	28	5:16	214	6:51	19.80	1:59:32	6:02	13	23:41	119	39:16
Loddenke	3.10	15:03	4:51	27	3:46	196	4:59	22.90	2:14:35	5:52	16	27:14	123	44:15
Ilseburg/Markt	3.30	16:25	4:58	26	3:28	173	5:01	26.20	2:31:00	5:45	17	30:35	124	49:16