



52. Brockenlauf

Ilseburg / 02.09.2023

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Scherz, Uwe

□□: Zerbst

□□: 364

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 2:32:25

□□: 10.31 km/h

□□□□: 5:49 min/km

□□□□□/□□□: 149 (of 537)

□□□□□/□: 135 (of 440)

□□□□□□: 1:41:44

□□□□□: 2(of 32)

□□□□□□□: 2:24:05

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 17:58 | 5:26 | 2 | 0:10 | 109 | 5:46 | 3.30 | 17:58 | 5:26 | 2 | 0:10 | 109 | 5:46 |
| Schlüsie | 3.10 | 20:35 | 6:38 | 4 | 1:18 | 184 | 7:11 | 6.40 | 38:33 | 6:01 | 3 | 1:02 | 132 | 12:57 |
| Hermannsklippe | 2.60 | 18:50 | 7:14 | 6 | 2:21 | 218 | 6:56 | 9.00 | 57:23 | 6:22 | 3 | 3:23 | 162 | 19:53 |
| Brocken | 3.10 | 31:15 | 10:04 | 8 | 3:13 | 206 | 13:02 | 12.10 | 1:28:38 | 7:19 | 4 | 6:36 | 177 | 32:55 |
| Eiserner Handwe | 3.60 | 16:34 | 4:36 | 1 | - | 63 | 3:58 | 15.70 | 1:45:12 | 6:42 | 4 | 5:45 | 150 | 36:53 |
| Schlüsie | 4.10 | 16:53 | 4:07 | 3 | 0:14 | 104 | 4:56 | 19.80 | 2:02:05 | 6:09 | 2 | 5:50 | 132 | 41:49 |
| Loddenke | 3.10 | 14:24 | 4:38 | 3 | 1:01 | 149 | 4:20 | 22.90 | 2:16:29 | 5:57 | 2 | 6:51 | 134 | 46:09 |
| Ilseburg/Markt | 3.30 | 15:56 | 4:49 | 3 | 1:29 | 137 | 4:32 | 26.20 | 2:32:25 | 5:49 | 2 | 8:20 | 135 | 50:41 |