



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Wiggers, Bernd

□□: Sport-Club Itzehoe

□□: 468

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:33:22

□□: 10.17 km/h

□□□□: 5:51 min/km

□□□□□/□□□: 156 (of 537)

□□□□□/□: 140 (of 440)

□□□□□□: 1:41:44

□□□□□: 21(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	17:30	5:18	12	2:59	88	5:18	3.30	17:30	5:18	12	2:59	88	5:18	
Schlüsie	3.10	20:37	6:39	22	4:28	187	7:13	6.40	38:07	5:57	14	7:06	123	12:31	
Hermannsklippe	2.60	19:09	7:21	30	5:03	233	7:15	9.00	57:16	6:21	19	12:09	155	19:46	
Brocken	3.10	31:41	10:13	30	9:11	226	13:28	12.10	1:28:57	7:21	23	20:54	181	33:14	
Eiserner Handwe	3.60	17:50	4:57	14	3:51	120	5:14	15.70	1:46:47	6:48	22	24:29	167	38:28	
Schlüsie	4.10	16:15	3:57	9	2:43	72	4:18	19.80	2:03:02	6:12	20	27:11	147	42:46	
Loddenke	3.10	13:59	4:30	17	2:42	115	3:55	22.90	2:17:01	5:58	20	29:40	141	46:41	
Ilseburg/Markt	3.30	16:21	4:57	24	3:24	168	4:57	26.20	2:33:22	5:51	21	32:57	140	51:38	