



52. Brockenlauf Ilseburg / 02.09.2023

0000

Schmidt, Sebastian

00: FCNFCLL

00: 375

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M35 (35-39 Jahre)

000: 2:34:35

00: 10.09 km/h

0000: 5:54 min/km

00000/000: 161 (of 537)

00000/0: 145 (of 440)

000000: 1:41:44

00000: 28(of 65)

0000000: 1:52:36

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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	19:57	6:02	41	6:25	244	7:45	3.30	19:57	6:02	41	6:25	244	7:45
Schlüsle	3.10	19:46	6:22	23	5:00	120	6:22	6.40	39:43	6:12	34	11:13	174	14:07
Hermannsklippe	2.60	17:02	6:33	23	4:09	103	5:08	9.00	56:45	6:18	31	15:22	144	19:15
Brocken	3.10	28:51	9:18	26	8:05	125	10:38	12.10	1:25:36	7:04	29	23:27	137	29:53
Eiserner Handwe	3.60	19:25	5:23	40	6:18	205	6:49	15.70	1:45:01	6:41	30	29:10	147	36:42
Schlüsle	4.10	19:18	4:42	46	6:21	249	7:21	19.80	2:04:19	6:16	31	35:20	156	44:03
Loddenke	3.10	14:23	4:38	26	3:33	146	4:19	22.90	2:18:42	6:03	29	38:38	151	48:22
Ilseburg/Markt	3.30	15:53	4:48	26	4:07	130	4:29	26.20	2:34:35	5:54	28	41:59	145	52:51