



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Janssen, Stefan

□□: Hannover
 □□: 196

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:34:59

□□: 10.07 km/h
 □□□□: 5:55 min/km

□□□□□/□□□: 165 (of 537)

□□□□□/□: 149 (of 440)

□□□□□□: 1:41:44

□□□□□: 18(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:05 | 6:41 | 49 | 8:08 | 362 | 9:53 | 3.30 | 22:05 | 6:41 | 49 | 8:08 | 362 | 9:53 |
| Schlüsie | 3.10 | 20:32 | 6:37 | 26 | 4:50 | 180 | 7:08 | 6.40 | 42:37 | 6:39 | 39 | 12:58 | 284 | 17:01 |
| Hermannsklippe | 2.60 | 17:25 | 6:41 | 17 | 3:12 | 134 | 5:31 | 9.00 | 1:00:02 | 6:40 | 31 | 16:10 | 218 | 22:32 |
| Brocken | 3.10 | 29:21 | 9:28 | 17 | 6:15 | 148 | 11:08 | 12.10 | 1:29:23 | 7:23 | 25 | 22:25 | 190 | 33:40 |
| Eiserner Handwe | 3.60 | 18:04 | 5:01 | 17 | 3:56 | 143 | 5:28 | 15.70 | 1:47:27 | 6:50 | 23 | 25:48 | 172 | 39:08 |
| Schlüsie | 4.10 | 18:06 | 4:24 | 26 | 4:35 | 179 | 6:09 | 19.80 | 2:05:33 | 6:20 | 22 | 29:17 | 169 | 45:17 |
| Loddenke | 3.10 | 14:15 | 4:35 | 17 | 3:31 | 137 | 4:11 | 22.90 | 2:19:48 | 6:06 | 20 | 31:18 | 161 | 49:28 |
| Ilseburg/Markt | 3.30 | 15:11 | 4:36 | 12 | 2:44 | 95 | 3:47 | 26.20 | 2:34:59 | 5:54 | 18 | 34:02 | 149 | 53:15 |