



# 52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Heinrich, Uwe

□□: Hannover  
 □□: 180

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M65 (65-69 Jahre)

□□□: 2:35:34

□□: 10.03 km/h  
 □□□□: 5:56 min/km

□□□□□/□□□: 171 (of 537)

□□□□□/□: 155 (of 440)

□□□□□□: 1:41:44

□□□□□: 3(of 22)

□□□□□□□: 2:22:09

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:46    | 5:41         | 3       | 1:39    | 158     | 6:34    | 3.30  | 18:46     | 5:41          | 3       | 1:39    | 158     | 6:34    |
| Schlüsie        | 3.10     | 20:13    | 6:31         | 4       | 1:01    | 158     | 6:49    | 6.40  | 38:59     | 6:05          | 4       | 2:40    | 150     | 13:23   |
| Hermannsklippe  | 2.60     | 17:38    | 6:46         | 3       | 0:26    | 147     | 5:44    | 9.00  | 56:37     | 6:17          | 4       | 3:06    | 142     | 19:07   |
| Brocken         | 3.10     | 29:17    | 9:26         | 3       | 1:28    | 143     | 11:04   | 12.10 | 1:25:54   | 7:05          | 3       | 4:34    | 141     | 30:11   |
| Eiserner Handwe | 3.60     | 19:04    | 5:17         | 4       | 1:58    | 190     | 6:28    | 15.70 | 1:44:58   | 6:41          | 3       | 6:32    | 144     | 36:39   |
| Schlüsie        | 4.10     | 19:20    | 4:42         | 8       | 3:41    | 251     | 7:23    | 19.80 | 2:04:18   | 6:16          | 3       | 10:13   | 155     | 44:02   |
| Loddenke        | 3.10     | 15:16    | 4:55         | 7       | 2:02    | 216     | 5:12    | 22.90 | 2:19:34   | 6:05          | 3       | 12:15   | 157     | 49:14   |
| Ilseburg/Markt  | 3.30     | 16:00    | 4:50         | 3       | 1:10    | 140     | 4:36    | 26.20 | 2:35:34   | 5:56          | 3       | 13:25   | 155     | 53:50   |