



52. Brockenlauf

Ilseburg / 02.09.2023

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Gebhardt, Axel

□□: Blankenburg

□□: 133

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:36:34

□□: 10.04 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 183 (of 537)

□□□□□/□: 166 (of 440)

□□□□□□: 1:41:44

□□□□□: 23(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:17	5:50	27	4:46	192	7:05	3.30	19:17	5:50	27	4:46	192	7:05
Schlüsie	3.10	20:51	6:43	26	4:42	199	7:27	6.40	40:08	6:16	27	9:07	188	14:32
Hermannsklippe	2.60	19:23	7:27	31	5:17	245	7:29	9.00	59:31	6:36	27	14:24	205	22:01
Brocken	3.10	30:34	9:51	24	8:04	186	12:21	12.10	1:30:05	7:26	27	22:02	203	34:22
Eiserner Handwe	3.60	18:51	5:14	25	4:52	178	6:15	15.70	1:48:56	6:56	25	26:38	186	40:37
Schlüsie	4.10	17:57	4:22	21	4:25	172	6:00	19.80	2:06:53	6:24	25	31:02	181	46:37
Loddenke	3.10	13:48	4:27	13	2:31	103	3:44	22.90	2:20:41	6:08	24	33:20	170	50:21
Ilseburg/Markt	3.30	15:53	4:48	17	2:56	130	4:29	26.20	2:36:34	5:58	23	36:09	166	54:50