



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Jackisch, Andreas

□□: Kissenbrück  
 □□: 110

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 2:37:57

□□: 9.88 km/h  
 □□□□: 6:02 min/km

□□□□□/□□□: 194 (of 537)

□□□□□/□: 176 (of 440)

□□□□□□: 1:41:44

□□□□□: 20(of 59)

□□□□□□□: 2:13:09

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:52    | 6:01         | 32      | 4:25    | 240     | 7:40    | 3.30  | 19:52     | 6:01          | 32      | 4:25    | 240     | 7:40    |
| Schlüsie        | 3.10     | 21:51    | 7:02         | 30      | 3:57    | 262     | 8:27    | 6.40  | 41:43     | 6:31          | 28      | 8:18    | 250     | 16:07   |
| Hermannsklippe  | 2.60     | 18:56    | 7:16         | 23      | 3:26    | 222     | 7:02    | 9.00  | 1:00:39   | 6:44          | 26      | 11:00   | 235     | 23:09   |
| Brocken         | 3.10     | 29:53    | 9:38         | 19      | 5:11    | 166     | 11:40   | 12.10 | 1:30:32   | 7:28          | 23      | 15:10   | 211     | 34:49   |
| Eiserner Handwe | 3.60     | 19:23    | 5:23         | 22      | 4:05    | 203     | 6:47    | 15.70 | 1:49:55   | 7:00          | 20      | 18:45   | 199     | 41:36   |
| Schlüsie        | 4.10     | 17:26    | 4:15         | 19      | 2:06    | 139     | 5:29    | 19.80 | 2:07:21   | 6:25          | 19      | 20:51   | 186     | 47:05   |
| Loddenke        | 3.10     | 14:26    | 4:39         | 16      | 2:01    | 153     | 4:22    | 22.90 | 2:21:47   | 6:11          | 19      | 22:52   | 178     | 51:27   |
| Ilseburg/Markt  | 3.30     | 16:10    | 4:53         | 18      | 2:20    | 154     | 4:46    | 26.20 | 2:37:57   | 6:01          | 20      | 24:48   | 176     | 56:13   |