



52. Brockenlauf Ilseburg / 02.09.2023

0000

Brummermann, Jens

00: Augathonis Hannover

00: 75

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M50 (50-54 Jahre)

000: 2:38:36

00: 9.84 km/h

0000: 6:03 min/km

00000/000: 197 (of 537)

00000/0: 179 (of 440)

000000: 1:41:44

00000: 27(of 61)

0000000: 2:00:25

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	22:06	6:41	49	7:35	363	9:54	3.30	22:06	6:41	49	7:35	363	9:54
Schlüsle	3.10	21:03	6:47	30	4:54	216	7:39	6.40	43:09	6:44	38	12:08	297	17:33
Hermannsklippe	2.60	17:37	6:46	18	3:31	146	5:43	9.00	1:00:46	6:45	34	15:39	240	23:16
Brocken	3.10	31:03	10:00	26	8:33	197	12:50	12.10	1:31:49	7:35	30	23:46	227	36:06
Eiserner Handwe	3.60	17:52	4:57	16	3:53	123	5:16	15.70	1:49:41	6:59	27	27:23	194	41:22
Schlüsle	4.10	18:09	4:25	22	4:37	183	6:12	19.80	2:07:50	6:27	28	31:59	190	47:34
Loddenke	3.10	14:53	4:48	25	3:36	188	4:49	22.90	2:22:43	6:13	28	35:22	190	52:23
Ilseburg/Markt	3.30	15:53	4:48	17	2:56	130	4:29	26.20	2:38:36	6:03	27	38:11	179	56:52