



52. Brockenlauf

Ilseburg / 02.09.2023

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Dallmann, Stefan

□□: J&S Running Team

□□: 82

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:41:52

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 230 (of 537)

□□□□□/□: 209 (of 440)

□□□□□□: 1:41:44

□□□□□: 32(of 55)

□□□□□□□: 2:00:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:18	5:32	14	4:21	124	6:06	3.30	18:18	5:32	14	4:21	124	6:06
Schlüsie	3.10	21:56	7:04	40	6:14	269	8:32	6.40	40:14	6:17	29	10:35	194	14:38
Hermannsklippe	2.60	20:39	7:56	43	6:26	318	8:45	9.00	1:00:53	6:45	34	17:01	246	23:23
Brocken	3.10	34:13	11:02	42	11:07	324	16:00	12.10	1:35:06	7:51	37	28:08	272	39:23
Eiserner Handwe	3.60	17:44	4:55	12	3:36	113	5:08	15.70	1:52:50	7:11	34	31:11	239	44:31
Schlüsie	4.10	16:43	4:04	9	3:12	93	4:46	19.80	2:09:33	6:32	30	33:17	211	49:17
Loddenke	3.10	15:30	5:00	34	4:46	236	5:26	22.90	2:25:03	6:20	30	36:33	211	54:43
Ilseburg/Markt	3.30	16:49	5:05	25	4:22	199	5:25	26.20	2:41:52	6:10	32	40:55	209	1:00:08