



52. Brockenlauf

Ilsenburg / 02.09.2023

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Krannich, Jonathan

□□: SV Motor Katzhütte-Oelze
 □□: 539

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 2:41:53

□□: 9.64 km/h
 □□□□: 6:11 min/km

□□□□□/□□□: 231 (of 537)

□□□□□/□: 210 (of 440)

□□□□□□: 1:41:44

□□□□□: 31(of 47)

□□□□□□□: 1:41:44

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:53 | 5:43 | 27 | 6:41 | 171 | 6:41 | 3.30 | 18:53 | 5:43 | 27 | 6:41 | 171 | 6:41 |
| Schlüsie | 3.10 | 22:09 | 7:08 | 42 | 8:45 | 284 | 8:45 | 6.40 | 41:02 | 6:24 | 36 | 15:26 | 230 | 15:26 |
| Hermannsklippe | 2.60 | 19:57 | 7:40 | 41 | 8:03 | 281 | 8:03 | 9.00 | 1:00:59 | 6:46 | 41 | 23:29 | 251 | 23:29 |
| Brocken | 3.10 | 33:57 | 10:57 | 40 | 15:44 | 313 | 15:44 | 12.10 | 1:34:56 | 7:50 | 41 | 39:13 | 270 | 39:13 |
| Eiserner Handwe | 3.60 | 19:26 | 5:23 | 27 | 6:50 | 207 | 6:50 | 15.70 | 1:54:22 | 7:17 | 38 | 46:03 | 255 | 46:03 |
| Schlüsie | 4.10 | 18:07 | 4:25 | 23 | 6:10 | 181 | 6:10 | 19.80 | 2:12:29 | 6:41 | 34 | 52:13 | 242 | 52:13 |
| Loddenke | 3.10 | 14:09 | 4:33 | 18 | 4:05 | 125 | 4:05 | 22.90 | 2:26:38 | 6:24 | 32 | 56:18 | 225 | 56:18 |
| Ilsenburg/Markt | 3.30 | 15:15 | 4:37 | 16 | 3:51 | 100 | 3:51 | 26.20 | 2:41:53 | 6:10 | 31 | 1:00:09 | 210 | 1:00:09 |