



52. Brockenlauf

Ilseburg / 02.09.2023

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Gartz, Tino

□□: Bad Oldesloe
 □□: 130

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:42:17

□□: 9.61 km/h
 □□□□: 6:11 min/km

□□□□□/□□□: 240 (of 537)

□□□□□/□: 216 (of 440)

□□□□□□: 1:41:44

□□□□□: 33(of 55)

□□□□□□□: 2:00:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:58	6:39	46	8:01	356	9:46	3.30	21:58	6:39	46	8:01	356	9:46
Schlüsie	3.10	21:28	6:55	36	5:46	241	8:04	6.40	43:26	6:47	44	13:47	313	17:50
Hermannsklippe	2.60	18:38	7:09	29	4:25	205	6:44	9.00	1:02:04	6:53	38	18:12	278	24:34
Brocken	3.10	32:05	10:20	31	8:59	242	13:52	12.10	1:34:09	7:46	35	27:11	263	38:26
Eiserner Handwe	3.60	18:53	5:14	28	4:45	182	6:17	15.70	1:53:02	7:11	35	31:23	243	44:43
Schlüsie	4.10	17:36	4:17	20	4:05	153	5:39	19.80	2:10:38	6:35	32	34:22	217	50:22
Loddenke	3.10	14:49	4:46	24	4:05	183	4:45	22.90	2:25:27	6:21	31	36:57	214	55:07
Ilseburg/Markt	3.30	16:50	5:06	26	4:23	201	5:26	26.20	2:42:17	6:11	33	41:20	216	1:00:33