



52. Brockenlauf

Ilseburg / 02.09.2023

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Wernecke, Frank

□□: W+J

□□: 570

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:44:44

□□: 9.47 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 264 (of 537)

□□□□□/□: 236 (of 440)

□□□□□□: 1:41:44

□□□□□: 29(of 59)

□□□□□□□: 2:13:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:20 | 5:51 | 18 | 3:53 | 195 | 7:08 | 3.30 | 19:20 | 5:51 | 18 | 3:53 | 195 | 7:08 |
| Schlüsie | 3.10 | 22:49 | 7:21 | 41 | 4:55 | 318 | 9:25 | 6.40 | 42:09 | 6:35 | 34 | 8:44 | 264 | 16:33 |
| Hermannsklippe | 2.60 | 21:00 | 8:04 | 41 | 5:30 | 337 | 9:06 | 9.00 | 1:03:09 | 7:00 | 38 | 13:30 | 300 | 25:39 |
| Brocken | 3.10 | 32:23 | 10:26 | 28 | 7:41 | 257 | 14:10 | 12.10 | 1:35:32 | 7:53 | 35 | 20:10 | 284 | 39:49 |
| Eiserner Handwe | 3.60 | 18:56 | 5:15 | 18 | 3:38 | 186 | 6:20 | 15.70 | 1:54:28 | 7:17 | 30 | 23:18 | 256 | 46:09 |
| Schlüsie | 4.10 | 16:31 | 4:01 | 10 | 1:11 | 84 | 4:34 | 19.80 | 2:10:59 | 6:36 | 25 | 24:29 | 221 | 50:43 |
| Loddenke | 3.10 | 15:44 | 5:04 | 35 | 3:19 | 250 | 5:40 | 22.90 | 2:26:43 | 6:24 | 25 | 27:48 | 229 | 56:23 |
| Ilseburg/Markt | 3.30 | 18:01 | 5:27 | 35 | 4:11 | 269 | 6:37 | 26.20 | 2:44:44 | 6:17 | 29 | 31:35 | 236 | 1:03:00 |