



52. Brockenlauf

Ilsenburg / 02.09.2023

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Drees, Jan

□□: BC BW Ermke

□□: 92

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:48:01

□□: 9.28 km/h

□□□□: 6:25 min/km

□□□□□/□□□: 288 (of 537)

□□□□□/□: 255 (of 440)

□□□□□□: 1:41:44

□□□□□: 38(of 47)

□□□□□□□: 1:41:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:11	6:43	44	9:59	371	9:59	3.30	22:11	6:43	44	9:59	371	9:59	
Schlüsie	3.10	22:02	7:06	41	8:38	279	8:38	6.40	44:13	6:54	44	18:37	331	18:37	
Hermannsklippe	2.60	19:24	7:27	37	7:30	249	7:30	9.00	1:03:37	7:04	43	26:07	306	26:07	
Brocken	3.10	30:17	9:46	22	12:04	175	12:04	12.10	1:33:54	7:45	38	38:11	254	38:11	
Eiserner Handwe	3.60	21:25	5:56	38	8:49	303	8:49	15.70	1:55:19	7:20	40	47:00	271	47:00	
Schlüsie	4.10	19:18	4:42	32	7:21	249	7:21	19.80	2:14:37	6:47	39	54:21	266	54:21	
Loddenke	3.10	16:00	5:09	36	5:56	271	5:56	22.90	2:30:37	6:34	37	1:00:17	259	1:00:17	
Ilsenburg/Markt	3.30	17:24	5:16	33	6:00	244	6:00	26.20	2:48:01	6:24	38	1:06:17	255	1:06:17	