



52. Brockenlauf Ilseburg / 02.09.2023

0000

Maihs, Tobi

00: Maschsee-Sharks Hannover
00: 274

00: 26.20 km
26,2 km - Lauf

0000:
Senioren M45 (45-49 Jahre)

000: 2:48:23

00: 9.26 km/h
0000: 6:26 min/km

00000/000: 290 (of 537)

00000/0: 256 (of 440)

000000: 1:41:44

00000: 38(of 55)

0000000: 2:00:57

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	19:10	5:48	25	5:13	183	6:58	3.30	19:10	5:48	25	5:13	183	6:58
Schlüsle	3.10	21:22	6:53	35	5:40	232	7:58	6.40	40:32	6:19	31	10:53	211	14:56
Hermannsklippe	2.60	20:38	7:56	42	6:25	317	8:44	9.00	1:01:10	6:47	37	17:18	254	23:40
Brocken	3.10	34:50	11:14	44	11:44	341	16:37	12.10	1:36:00	7:56	38	29:02	287	40:17
Eiserner Handwe	3.60	18:52	5:14	26	4:44	179	6:16	15.70	1:54:52	7:18	36	33:13	267	46:33
Schlüsle	4.10	18:39	4:32	30	5:08	209	6:42	19.80	2:13:31	6:44	36	37:15	258	53:15
Loddenke	3.10	15:43	5:04	39	4:59	249	5:39	22.90	2:29:14	6:31	37	40:44	250	58:54
Ilseburg/Markt	3.30	19:09	5:48	47	6:42	337	7:45	26.20	2:48:23	6:25	38	47:26	256	1:06:39