



52. Brockenlauf

Ilseburg / 02.09.2023

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Schönau, Michael

□□: Vitusteam Vacha
 □□: 383

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 2:49:23

□□: 9.21 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 303 (of 537)

□□□□□/□: 267 (of 440)

□□□□□□: 1:41:44

□□□□□: 36(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:28	6:12	36	5:57	281	8:16	3.30	20:28	6:12	36	5:57	281	8:16
Schlüsie	3.10	21:37	6:58	37	5:28	249	8:13	6.40	42:05	6:34	33	11:04	261	16:29
Hermannsklippe	2.60	19:45	7:35	35	5:39	267	7:51	9.00	1:01:50	6:52	38	16:43	273	24:20
Brocken	3.10	34:37	11:09	43	12:07	335	16:24	12.10	1:36:27	7:58	41	28:24	295	40:44
Eiserner Handwe	3.60	22:26	6:13	45	8:27	343	9:50	15.70	1:58:53	7:34	41	36:35	307	50:34
Schlüsie	4.10	18:40	4:33	27	5:08	210	6:43	19.80	2:17:33	6:56	39	41:42	291	57:17
Loddenke	3.10	15:29	4:59	32	4:12	233	5:25	22.90	2:33:02	6:40	39	45:41	283	1:02:42
Ilseburg/Markt	3.30	16:21	4:57	24	3:24	168	4:57	26.20	2:49:23	6:27	36	48:58	267	1:07:39