



52. Brockenlauf Ilseburg / 02.09.2023

0000

Zick, Jens

00: Braunschweig

00: 485

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 2:49:29

00: 9.20 km/h

0000: 6:28 min/km

00000/000: 306 (of 537)

00000/0: 270 (of 440)

000000: 1:41:44

00000: 35(of 59)

0000000: 2:13:09

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	22:00	6:40	53	6:33	358	9:48	3.30	22:00	6:40	53	6:33	358	9:48	
Schlüsse	3.10	23:35	7:36	49	5:41	355	10:11	6.40	45:35	7:07	50	12:10	359	19:59	
Hermannsklippe	2.60	20:19	7:48	36	4:49	301	8:25	9.00	1:05:54	7:19	45	16:15	342	28:24	
Brocken	3.10	31:10	10:03	23	6:28	202	12:57	12.10	1:37:04	8:01	39	21:42	302	41:21	
Eiserner Handwe	3.60	21:35	5:59	40	6:17	315	8:59	15.70	1:58:39	7:33	39	27:29	301	50:20	
Schlüsse	4.10	19:55	4:51	38	4:35	283	7:58	19.80	2:18:34	6:59	39	32:04	300	58:18	
Loddenke	3.10	14:51	4:47	24	2:26	187	4:47	22.90	2:33:25	6:41	38	34:30	288	1:03:05	
Ilseburg/Markt	3.30	16:04	4:52	15	2:14	144	4:40	26.20	2:49:29	6:28	35	36:20	270	1:07:45	