



52. Brockenlauf

Ilseburg / 02.09.2023

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Grundmann, Martin

□□: LG Boomerger

□□: 155

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:49:51

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 311 (of 537)

□□□□□/□: 274 (of 440)

□□□□□□: 1:41:44

□□□□□: 37(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:49	6:36	45	7:18	348	9:37	3.30	21:49	6:36	45	7:18	348	9:37
Schlüsie	3.10	21:27	6:55	35	5:18	239	8:03	6.40	43:16	6:45	42	12:15	305	17:40
Hermannsklippe	2.60	18:26	7:05	27	4:20	191	6:32	9.00	1:01:42	6:51	37	16:35	267	24:12
Brocken	3.10	31:21	10:06	29	8:51	213	13:08	12.10	1:33:03	7:41	33	25:00	240	37:20
Eiserner Handwe	3.60	19:33	5:25	31	5:34	211	6:57	15.70	1:52:36	7:10	33	30:18	234	44:17
Schlüsie	4.10	20:30	5:00	40	6:58	301	8:33	19.80	2:13:06	6:43	34	37:15	255	52:50
Loddenke	3.10	18:03	5:49	50	6:46	367	7:59	22.90	2:31:09	6:36	36	43:48	272	1:00:49
Ilseburg/Markt	3.30	18:42	5:40	37	5:45	307	7:18	26.20	2:49:51	6:28	37	49:26	274	1:08:07