



52. Brockenlauf Ilseburg / 02.09.2023

0000

Cramer, Thomas

00: Augathonis Hannover

00: 81

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M60 (60-64 Jahre)

000: 2:50:45

00: 9.14 km/h

0000: 6:31 min/km

00000/000: 319 (of 537)

00000/0: 281 (of 440)

000000: 1:41:44

00000: 13(of 32)

0000000: 2:24:05

0000

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000

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	22:06	6:41	20	4:18	363	9:54	3.30	22:06	6:41	20	4:18	363	9:54
Schlüsle	3.10	23:06	7:27	19	3:49	334	9:42	6.40	45:12	7:03	19	7:41	351	19:36
Hermannsklippe	2.60	20:07	7:44	15	3:38	290	8:13	9.00	1:05:19	7:15	19	11:19	335	27:49
Brocken	3.10	32:43	10:33	15	4:41	271	14:30	12.10	1:38:02	8:06	18	16:00	318	42:19
Eiserner Handwe	3.60	19:52	5:31	11	3:18	232	7:16	15.70	1:57:54	7:30	15	18:27	292	49:35
Schlüsle	4.10	19:12	4:40	11	2:33	240	7:15	19.80	2:17:06	6:55	14	20:51	288	56:50
Loddenke	3.10	16:10	5:12	15	2:47	278	6:06	22.90	2:33:16	6:41	13	23:38	285	1:02:56
Ilseburg/Markt	3.30	17:29	5:17	11	3:02	252	6:05	26.20	2:50:45	6:31	13	26:40	281	1:09:01