



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Lewandowsky, Bjoern

□□: MTV Jahn Schladen

□□: 256

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:51:26

□□: 9.10 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 328 (of 537)

□□□□□/□: 289 (of 440)

□□□□□□: 1:41:44

□□□□□: 38(of 57)

□□□□□□□: 1:54:56

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 19:58 | 6:03 | 33 | 5:41 | 248 | 7:46 | 3.30 | 19:58 | 6:03 | 33 | 5:41 | 248 | 7:46 |
| Schlüsie | 3.10 | 21:55 | 7:04 | 34 | 6:10 | 268 | 8:31 | 6.40 | 41:53 | 6:32 | 34 | 11:51 | 256 | 16:17 |
| Hermannsklippe | 2.60 | 19:55 | 7:39 | 41 | 6:15 | 279 | 8:01 | 9.00 | 1:01:48 | 6:51 | 36 | 18:06 | 271 | 24:18 |
| Brocken | 3.10 | 32:58 | 10:38 | 42 | 12:09 | 278 | 14:45 | 12.10 | 1:34:46 | 7:49 | 37 | 30:15 | 268 | 39:03 |
| Eiserner Handwe | 3.60 | 23:58 | 6:39 | 49 | 10:21 | 379 | 11:22 | 15.70 | 1:58:44 | 7:33 | 40 | 40:36 | 304 | 50:25 |
| Schlüsie | 4.10 | 20:37 | 5:01 | 40 | 7:19 | 306 | 8:40 | 19.80 | 2:19:21 | 7:02 | 39 | 47:55 | 305 | 59:05 |
| Loddenke | 3.10 | 15:39 | 5:02 | 34 | 4:20 | 243 | 5:35 | 22.90 | 2:35:00 | 6:46 | 39 | 52:15 | 298 | 1:04:40 |
| Ilseburg/Markt | 3.30 | 16:26 | 4:58 | 28 | 4:15 | 174 | 5:02 | 26.20 | 2:51:26 | 6:32 | 38 | 56:30 | 289 | 1:09:42 |