



52. Brockenlauf

Ilseburg / 02.09.2023

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Lemeshko, Andriy

□□: Ukrainische Falken
 □□: 252

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 2:51:47

□□: 9.08 km/h
 □□□□: 6:34 min/km

□□□□□/□□□: 331 (of 537)

□□□□□/□: 291 (of 440)

□□□□□□: 1:41:44

□□□□□: 50(of 65)

□□□□□□□: 1:52:36

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 18:41 | 5:39 | 31 | 5:09 | 153 | 6:29 | 3.30 | 18:41 | 5:39 | 31 | 5:09 | 153 | 6:29 |
| Schlüsie | 3.10 | 21:40 | 6:59 | 44 | 6:54 | 254 | 8:16 | 6.40 | 40:21 | 6:18 | 37 | 11:51 | 202 | 14:45 |
| Hermannsklippe | 2.60 | 19:23 | 7:27 | 46 | 6:30 | 245 | 7:29 | 9.00 | 59:44 | 6:38 | 40 | 18:21 | 211 | 22:14 |
| Brocken | 3.10 | 31:17 | 10:05 | 40 | 10:31 | 209 | 13:04 | 12.10 | 1:31:01 | 7:31 | 42 | 28:52 | 217 | 35:18 |
| Eiserner Handwe | 3.60 | 20:08 | 5:35 | 45 | 7:01 | 247 | 7:32 | 15.70 | 1:51:09 | 7:04 | 41 | 35:18 | 212 | 42:50 |
| Schlüsie | 4.10 | 20:46 | 5:03 | 54 | 7:49 | 310 | 8:49 | 19.80 | 2:11:55 | 6:39 | 44 | 42:56 | 236 | 51:39 |
| Loddenke | 3.10 | 18:58 | 6:07 | 61 | 8:08 | 388 | 8:54 | 22.90 | 2:30:53 | 6:35 | 48 | 50:49 | 266 | 1:00:33 |
| Ilseburg/Markt | 3.30 | 20:54 | 6:19 | 58 | 9:08 | 383 | 9:30 | 26.20 | 2:51:47 | 6:33 | 50 | 59:11 | 291 | 1:10:03 |