



52. Brockenlauf

Ilseburg / 02.09.2023

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Schilstra, Berend

□□: Woubrugge

□□: 366

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:53:18

□□: 9.00 km/h

□□□□: 6:37 min/km

□□□□□/□□□: 342 (of 537)

□□□□□/□: 297 (of 440)

□□□□□□: 1:41:44

□□□□□: 41(of 55)

□□□□□□□: 2:00:57

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:02	6:40	48	8:05	360	9:50	3.30	22:02	6:40	48	8:05	360	9:50
Schlüsie	3.10	22:53	7:22	46	7:11	320	9:29	6.40	44:55	7:01	48	15:16	346	19:19
Hermannsklippe	2.60	21:07	8:07	47	6:54	339	9:13	9.00	1:06:02	7:20	48	22:10	345	28:32
Brocken	3.10	32:29	10:28	33	9:23	262	14:16	12.10	1:38:31	8:08	45	31:33	325	42:48
Eiserner Handwe	3.60	22:06	6:08	44	7:58	330	9:30	15.70	2:00:37	7:40	47	38:58	333	52:18
Schlüsie	4.10	20:16	4:56	40	6:45	294	8:19	19.80	2:20:53	7:06	43	44:37	320	1:00:37
Loddenke	3.10	15:30	5:00	34	4:46	236	5:26	22.90	2:36:23	6:49	42	47:53	310	1:06:03
Ilseburg/Markt	3.30	16:55	5:07	29	4:28	210	5:31	26.20	2:53:18	6:36	41	52:21	297	1:11:34