



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Tertinegg, Erich

□□: Berlin
□□: 422

□□: 26.20 km
26,2 km - Lauf

□□□□:
Senioren M45 (45-49 Jahre)

□□□: 2:53:53

□□: 8.97 km/h
□□□□: 6:38 min/km

□□□□□/□□□: 348 (of 537)

□□□□□/□: 302 (of 440)

□□□□□□: 1:41:44

□□□□□: 42(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:40 | 6:33 | 44 | 7:43 | 343 | 9:28 | 3.30 | 21:40 | 6:33 | 44 | 7:43 | 343 | 9:28 |
| Schlüsie | 3.10 | 21:42 | 7:00 | 38 | 6:00 | 256 | 8:18 | 6.40 | 43:22 | 6:46 | 43 | 13:43 | 309 | 17:46 |
| Hermannsklippe | 2.60 | 18:47 | 7:13 | 31 | 4:34 | 213 | 6:53 | 9.00 | 1:02:09 | 6:54 | 39 | 18:17 | 280 | 24:39 |
| Brocken | 3.10 | 35:35 | 11:28 | 49 | 12:29 | 359 | 17:22 | 12.10 | 1:37:44 | 8:04 | 42 | 30:46 | 316 | 42:01 |
| Eiserner Handwe | 3.60 | 22:27 | 6:14 | 47 | 8:19 | 345 | 9:51 | 15.70 | 2:00:11 | 7:39 | 45 | 38:32 | 328 | 51:52 |
| Schlüsie | 4.10 | 20:43 | 5:03 | 41 | 7:12 | 307 | 8:46 | 19.80 | 2:20:54 | 7:06 | 44 | 44:38 | 321 | 1:00:38 |
| Loddenke | 3.10 | 15:41 | 5:03 | 37 | 4:57 | 246 | 5:37 | 22.90 | 2:36:35 | 6:50 | 43 | 48:05 | 313 | 1:06:15 |
| Ilseburg/Markt | 3.30 | 17:18 | 5:14 | 34 | 4:51 | 238 | 5:54 | 26.20 | 2:53:53 | 6:38 | 42 | 52:56 | 302 | 1:12:09 |