



52. Brockenlauf

Ilseburg / 02.09.2023

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Schipper, Bert

□□: Groningen

□□: 504

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:55:42

□□: 8.88 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 364 (of 537)

□□□□□/□: 315 (of 440)

□□□□□□: 1:41:44

□□□□□: 41(of 57)

□□□□□□□: 1:54:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:02	6:22	40	6:45	302	8:50	3.30	21:02	6:22	40	6:45	302	8:50
Schlüsie	3.10	23:03	7:26	42	7:18	330	9:39	6.40	44:05	6:53	41	14:03	325	18:29
Hermannsklippe	2.60	20:40	7:56	44	7:00	320	8:46	9.00	1:04:45	7:11	44	21:03	323	27:15
Brocken	3.10	33:34	10:49	44	12:45	299	15:21	12.10	1:38:19	8:07	41	33:48	320	42:36
Eiserner Handwe	3.60	21:16	5:54	42	7:39	288	8:40	15.70	1:59:35	7:37	41	41:27	314	51:16
Schlüsie	4.10	21:20	5:12	44	8:02	337	9:23	19.80	2:20:55	7:07	41	49:29	322	1:00:39
Loddenke	3.10	15:50	5:06	36	4:31	257	5:46	22.90	2:36:45	6:50	40	54:00	315	1:06:25
Ilseburg/Markt	3.30	18:57	5:44	46	6:46	323	7:33	26.20	2:55:42	6:42	41	1:00:46	315	1:13:58