



52. Brockenlauf Ilseburg / 02.09.2023

0000

Hovinga, Jan Pieter

00: Beetsterzwaag

00: 497

00: 26.20 km

26,2 km - Lauf

0000:

Senioren M45 (45-49 Jahre)

000: 2:55:43

00: 8.88 km/h

0000: 6:43 min/km

00000/000: 365 (of 537)

00000/0: 316 (of 440)

000000: 1:41:44

00000: 44(of 55)

0000000: 2:00:57

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Loddenke	3.30	21:02	6:22	39	7:05	302	8:50	3.30	21:02	6:22	39	7:05	302	8:50	
Schlüsle	3.10	23:03	7:26	48	7:21	330	9:39	6.40	44:05	6:53	46	14:26	325	18:29	
Hermannsklippe	2.60	20:40	7:56	45	6:27	320	8:46	9.00	1:04:45	7:11	45	20:53	323	27:15	
Brocken	3.10	33:36	10:50	38	10:30	300	15:23	12.10	1:38:21	8:07	44	31:23	322	42:38	
Eiserner Handwe	3.60	21:23	5:56	36	7:15	299	8:47	15.70	1:59:44	7:37	44	38:05	317	51:25	
Schlüsle	4.10	21:01	5:07	44	7:30	322	9:04	19.80	2:20:45	7:06	42	44:29	319	1:00:29	
Loddenke	3.10	15:59	5:09	42	5:15	269	5:55	22.90	2:36:44	6:50	44	48:14	314	1:06:24	
Ilseburg/Markt	3.30	18:59	5:45	46	6:32	327	7:35	26.20	2:55:43	6:42	44	54:46	316	1:13:59	