



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Heym, Andreas

□□: EDEKA-Team ERFURT  
 □□: 496

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 2:55:50

□□: 8.87 km/h  
 □□□□: 6:43 min/km

□□□□□/□□□: 367 (of 537)

□□□□□/□: 317 (of 440)

□□□□□□: 1:41:44

□□□□□: 45(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 19:21    | 5:51         | 28      | 5:24    | 196     | 7:09    | 3.30  | 19:21     | 5:51          | 28      | 5:24    | 196     | 7:09    |
| Schlüsie        | 3.10     | 23:16    | 7:30         | 49      | 7:34    | 341     | 9:52    | 6.40  | 42:37     | 6:39          | 39      | 12:58   | 284     | 17:01   |
| Hermannsklippe  | 2.60     | 22:11    | 8:31         | 52      | 7:58    | 374     | 10:17   | 9.00  | 1:04:48   | 7:11          | 47      | 20:56   | 327     | 27:18   |
| Brocken         | 3.10     | 36:00    | 11:36        | 50      | 12:54   | 365     | 17:47   | 12.10 | 1:40:48   | 8:19          | 50      | 33:50   | 349     | 45:05   |
| Eiserner Handwe | 3.60     | 22:30    | 6:15         | 48      | 8:22    | 347     | 9:54    | 15.70 | 2:03:18   | 7:51          | 50      | 41:39   | 350     | 54:59   |
| Schlüsie        | 4.10     | 20:08    | 4:54         | 39      | 6:37    | 292     | 8:11    | 19.80 | 2:23:26   | 7:14          | 48      | 47:10   | 341     | 1:03:10 |
| Loddenke        | 3.10     | 15:17    | 4:55         | 32      | 4:33    | 217     | 5:13    | 22.90 | 2:38:43   | 6:55          | 46      | 50:13   | 328     | 1:08:23 |
| Ilseburg/Markt  | 3.30     | 17:07    | 5:11         | 32      | 4:40    | 224     | 5:43    | 26.20 | 2:55:50   | 6:42          | 45      | 54:53   | 317     | 1:14:06 |