



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Heym, Andreas

□□: EDEKA-Team ERFURT
 □□: 496

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:55:50

□□: 8.94 km/h
 □□□□: 6:43 min/km

□□□□□/□□□: 367 (of 537)

□□□□□/□: 317 (of 440)

□□□□□□: 1:41:44

□□□□□: 45(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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