



52. Brockenlauf

Ilseburg / 02.09.2023

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Peter, Matthias

□□: Heilbronn
 □□: 316

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:56:31

□□: 8.84 km/h
 □□□□: 6:44 min/km

□□□□□/□□□: 371 (of 537)

□□□□□/□: 320 (of 440)

□□□□□□: 1:41:44

□□□□□: 46(of 55)

□□□□□□□: 2:00:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:50	6:18	38	6:53	292	8:38	3.30	20:50	6:18	38	6:53	292	8:38
Schlüsie	3.10	22:22	7:12	43	6:40	299	8:58	6.40	43:12	6:45	41	13:33	300	17:36
Hermannsklippe	2.60	20:23	7:50	40	6:10	303	8:29	9.00	1:03:35	7:03	43	19:43	305	26:05
Brocken	3.10	37:05	11:57	53	13:59	390	18:52	12.10	1:40:40	8:19	49	33:42	347	44:57
Eiserner Handwe	3.60	21:53	6:04	42	7:45	323	9:17	15.70	2:02:33	7:48	49	40:54	344	54:14
Schlüsie	4.10	20:03	4:53	38	6:32	289	8:06	19.80	2:22:36	7:12	46	46:20	335	1:02:20
Loddenke	3.10	16:21	5:16	45	5:37	287	6:17	22.90	2:38:57	6:56	47	50:27	330	1:08:37
Ilseburg/Markt	3.30	17:34	5:19	38	5:07	254	6:10	26.20	2:56:31	6:44	46	55:34	320	1:14:47