



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Deffner, Rolf

□□: Falkensee
 □□: 84

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 2:57:33

□□: 8.79 km/h
 □□□□: 6:47 min/km

□□□□□/□□□: 379 (of 537)

□□□□□/□: 327 (of 440)

□□□□□□: 1:41:44

□□□□□: 42(of 59)

□□□□□□□: 2:13:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:58	6:39	52	6:31	356	9:46	3.30	21:58	6:39	52	6:31	356	9:46
Schlüsie	3.10	22:41	7:19	39	4:47	313	9:17	6.40	44:39	6:58	45	11:14	341	19:03
Hermannsklippe	2.60	20:36	7:55	39	5:06	316	8:42	9.00	1:05:15	7:15	42	15:36	334	27:45
Brocken	3.10	32:50	10:35	33	8:08	273	14:37	12.10	1:38:05	8:06	41	22:43	319	42:22
Eiserner Handwe	3.60	21:39	6:00	42	6:21	319	9:03	15.70	1:59:44	7:37	40	28:34	317	51:25
Schlüsie	4.10	21:21	5:12	46	6:01	339	9:24	19.80	2:21:05	7:07	41	34:35	325	1:00:49
Loddenke	3.10	17:23	5:36	46	4:58	347	7:19	22.90	2:38:28	6:55	42	39:33	326	1:08:08
Ilseburg/Markt	3.30	19:05	5:46	42	5:15	333	7:41	26.20	2:57:33	6:46	42	44:24	327	1:15:49