



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

□□: 8.85 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 |