



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Van Olst, Willem

□□: Beetsterzwaag

□□: 441

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:58:58

□□: 8.72 km/h

□□□□: 6:50 min/km

□□□□□/□□□: 388 (of 537)

□□□□□/□: 334 (of 440)

□□□□□□: 1:41:44

□□□□□: 45(of 57)

□□□□□□□: 1:54:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:02	6:22	40	6:45	302	8:50	3.30	21:02	6:22	40	6:45	302	8:50
Schlüsie	3.10	23:03	7:26	42	7:18	330	9:39	6.40	44:05	6:53	41	14:03	325	18:29
Hermannsklippe	2.60	20:44	7:58	46	7:04	325	8:50	9.00	1:04:49	7:12	45	21:07	328	27:19
Brocken	3.10	33:42	10:52	45	12:53	305	15:29	12.10	1:38:31	8:08	43	34:00	325	42:48
Eiserner Handwe	3.60	21:05	5:51	39	7:28	279	8:29	15.70	1:59:36	7:37	42	41:28	315	51:17
Schlüsie	4.10	23:59	5:50	55	10:41	407	12:02	19.80	2:23:35	7:15	48	52:09	343	1:03:19
Loddenke	3.10	17:18	5:34	44	5:59	346	7:14	22.90	2:40:53	7:01	48	58:08	345	1:10:33
Ilseburg/Markt	3.30	18:05	5:28	38	5:54	273	6:41	26.20	2:58:58	6:49	45	1:04:02	334	1:17:14