



52. Brockenlauf

Ilseburg / 02.09.2023

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Kobus, Martijn

□□: Survivalvereniging Groningen
 □□: 218

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:58:56

□□: 8.79 km/h
 □□□□: 6:50 min/km

□□□□□/□□□: 387 (of 537)

□□□□□/□: 333 (of 440)

□□□□□□: 1:41:44

□□□□□: 47(of 55)

□□□□□□□: 2:00:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:01	6:40	47	8:04	359	9:49	3.30	22:01	6:40	47	8:04	359	9:49
Schlüsie	3.10	22:54	7:23	47	7:12	321	9:30	6.40	44:55	7:01	48	15:16	346	19:19
Hermannsklippe	2.60	21:07	8:07	47	6:54	339	9:13	9.00	1:06:02	7:20	48	22:10	345	28:32
Brocken	3.10	31:56	10:18	30	8:50	236	13:43	12.10	1:37:58	8:05	43	31:00	317	42:15
Eiserner Handwe	3.60	21:38	6:00	41	7:30	318	9:02	15.70	1:59:36	7:37	43	37:57	315	51:17
Schlüsie	4.10	24:16	5:55	51	10:45	411	12:19	19.80	2:23:52	7:15	49	47:36	345	1:03:36
Loddenke	3.10	17:00	5:29	47	6:16	332	6:56	22.90	2:40:52	7:01	49	52:22	344	1:10:32
Ilseburg/Markt	3.30	18:04	5:28	42	5:37	272	6:40	26.20	2:58:56	6:49	47	57:59	333	1:17:12