



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Wallewein, Oliver

□□: Hildesheim
 □□: 1096

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 2:59:50

□□: 8.67 km/h
 □□□□: 6:52 min/km

□□□□□/□□□: 395 (of 537)

□□□□□/□: 340 (of 440)

□□□□□□: 1:41:44

□□□□□: 49(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:08 | 6:42 | 50 | 8:11 | 367 | 9:56 | 3.30 | 22:08 | 6:42 | 50 | 8:11 | 367 | 9:56 |
| Schlüsie | 3.10 | 22:09 | 7:08 | 41 | 6:27 | 284 | 8:45 | 6.40 | 44:17 | 6:55 | 47 | 14:38 | 332 | 18:41 |
| Hermannsklippe | 2.60 | 20:26 | 7:51 | 41 | 6:13 | 305 | 8:32 | 9.00 | 1:04:43 | 7:11 | 44 | 20:51 | 320 | 27:13 |
| Brocken | 3.10 | 34:10 | 11:01 | 41 | 11:04 | 322 | 15:57 | 12.10 | 1:38:53 | 8:10 | 47 | 31:55 | 332 | 43:10 |
| Eiserner Handwe | 3.60 | 21:24 | 5:56 | 39 | 7:16 | 302 | 8:48 | 15.70 | 2:00:17 | 7:39 | 46 | 38:38 | 332 | 51:58 |
| Schlüsie | 4.10 | 20:58 | 5:06 | 43 | 7:27 | 317 | 9:01 | 19.80 | 2:21:15 | 7:08 | 45 | 44:59 | 326 | 1:00:59 |
| Loddenke | 3.10 | 17:11 | 5:32 | 48 | 6:27 | 340 | 7:07 | 22.90 | 2:38:26 | 6:55 | 45 | 49:56 | 325 | 1:08:06 |
| Ilseburg/Markt | 3.30 | 21:24 | 6:29 | 49 | 8:57 | 395 | 10:00 | 26.20 | 2:59:50 | 6:51 | 49 | 58:53 | 340 | 1:18:06 |