



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Teske, Jens

□□: Ilseburg  
 □□: 423

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 3:00:06

□□: 8.66 km/h  
 □□□□: 6:52 min/km

□□□□□/□□□: 396 (of 537)

□□□□□/□: 341 (of 440)

□□□□□□: 1:41:44

□□□□□: 44(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:50	6:36	46	7:19	350	9:38	3.30	21:50	6:36	46	7:19	350	9:38
Schlüsie	3.10	22:21	7:12	41	6:12	295	8:57	6.40	44:11	6:54	45	13:10	330	18:35
Hermannsklippe	2.60	19:38	7:33	34	5:32	262	7:44	9.00	1:03:49	7:05	42	18:42	310	26:19
Brocken	3.10	33:20	10:45	36	10:50	292	15:07	12.10	1:37:09	8:01	42	29:06	304	41:26
Eiserner Handwe	3.60	21:33	5:59	42	7:34	312	8:57	15.70	1:58:42	7:33	39	36:24	302	50:23
Schlüsie	4.10	21:53	5:20	48	8:21	361	9:56	19.80	2:20:35	7:06	44	44:44	318	1:00:19
Loddenke	3.10	18:00	5:48	49	6:43	366	7:56	22.90	2:38:35	6:55	44	51:14	327	1:08:15
Ilseburg/Markt	3.30	21:31	6:31	54	8:34	398	10:07	26.20	3:00:06	6:52	44	59:41	341	1:18:22