



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Schrader, Christian

□□: Laufftreff Schönberg Freiburg
 □□: 386

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:08:02

□□: 8.30 km/h
 □□□□: 7:11 min/km

□□□□□/□□□: 443 (of 537)

□□□□□/□: 376 (of 440)

□□□□□□: 1:41:44

□□□□□: 49(of 61)

□□□□□□□: 2:00:25

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:35	6:50	53	8:04	391	10:23	3.30	22:35	6:50	53	8:04	391	10:23
Schlüsie	3.10	23:53	7:42	48	7:44	365	10:29	6.40	46:28	7:15	51	15:27	377	20:52
Hermannsklippe	2.60	22:20	8:35	51	8:14	379	10:26	9.00	1:08:48	7:38	50	23:41	379	31:18
Brocken	3.10	40:06	12:56	56	17:36	414	21:53	12.10	1:48:54	9:00	52	40:51	396	53:11
Eiserner Handwe	3.60	21:42	6:01	43	7:43	321	9:06	15.70	2:10:36	8:19	51	48:18	388	1:02:17
Schlüsie	4.10	21:21	5:12	45	7:49	339	9:24	19.80	2:31:57	7:40	50	56:06	383	1:11:41
Loddenke	3.10	17:23	5:36	45	6:06	347	7:19	22.90	2:49:20	7:23	50	1:01:59	381	1:19:00
Ilseburg/Markt	3.30	18:42	5:40	37	5:45	307	7:18	26.20	3:08:02	7:10	49	1:07:37	376	1:26:18