



52. Brockenlauf

Ilseburg / 02.09.2023

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Haase, Andre

□□: Kalefeld
 □□: 590

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:08:45

□□: 8.26 km/h
 □□□□: 7:12 min/km

□□□□□/□□□: 446 (of 537)

□□□□□/□: 379 (of 440)

□□□□□□: 1:41:44

□□□□□: 51(of 55)

□□□□□□□: 2:00:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:22	6:46	51	8:25	378	10:10	3.30	22:22	6:46	51	8:25	378	10:10
Schlüsie	3.10	23:47	7:40	51	8:05	360	10:23	6.40	46:09	7:12	52	16:30	373	20:33
Hermannsklippe	2.60	21:40	8:20	50	7:27	361	9:46	9.00	1:07:49	7:32	51	23:57	368	30:19
Brocken	3.10	36:34	11:47	51	13:28	373	18:21	12.10	1:44:23	8:37	51	37:25	379	48:40
Eiserner Handwe	3.60	22:56	6:22	50	8:48	365	10:20	15.70	2:07:19	8:06	51	45:40	374	59:00
Schlüsie	4.10	21:28	5:14	48	7:57	348	9:31	19.80	2:28:47	7:30	51	52:31	368	1:08:31
Loddenke	3.10	18:07	5:50	50	7:23	371	8:03	22.90	2:46:54	7:17	51	58:24	374	1:16:34
Ilseburg/Markt	3.30	21:51	6:37	50	9:24	401	10:27	26.20	3:08:45	7:12	51	1:07:48	379	1:27:01