



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Kintrup, Andreas

□□: Clarholz-Heerde
 □□: 210

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 3:12:50

□□: 8.09 km/h
 □□□□: 7:22 min/km

□□□□□/□□□: 460 (of 537)

□□□□□/□: 388 (of 440)

□□□□□□: 1:41:44

□□□□□: 55(of 57)

□□□□□□□: 1:54:56

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:48 | 6:36 | 47 | 7:31 | 347 | 9:36 | 3.30 | 21:48 | 6:36 | 47 | 7:31 | 347 | 9:36 |
| Schlüsie | 3.10 | 23:20 | 7:31 | 46 | 7:35 | 342 | 9:56 | 6.40 | 45:08 | 7:03 | 47 | 15:06 | 349 | 19:32 |
| Hermannsklippe | 2.60 | 23:44 | 9:07 | 56 | 10:04 | 406 | 11:50 | 9.00 | 1:08:52 | 7:39 | 55 | 25:10 | 382 | 31:22 |
| Brocken | 3.10 | 38:20 | 12:21 | 56 | 17:31 | 399 | 20:07 | 12.10 | 1:47:12 | 8:51 | 55 | 42:41 | 387 | 51:29 |
| Eiserner Handwe | 3.60 | 24:10 | 6:42 | 50 | 10:33 | 383 | 11:34 | 15.70 | 2:11:22 | 8:22 | 55 | 53:14 | 393 | 1:03:03 |
| Schlüsie | 4.10 | 22:26 | 5:28 | 48 | 9:08 | 375 | 10:29 | 19.80 | 2:33:48 | 7:46 | 54 | 1:02:22 | 390 | 1:13:32 |
| Loddenke | 3.10 | 17:47 | 5:44 | 46 | 6:28 | 360 | 7:43 | 22.90 | 2:51:35 | 7:29 | 55 | 1:08:50 | 389 | 1:21:15 |
| Ilseburg/Markt | 3.30 | 21:15 | 6:26 | 55 | 9:04 | 391 | 9:51 | 26.20 | 3:12:50 | 7:21 | 55 | 1:17:54 | 388 | 1:31:06 |