



52. Brockenlauf

Ilseburg / 02.09.2023

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Schrader, Rene

□□: Osterwieck
 □□: 387

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 3:13:17

□□: 8.07 km/h
 □□□□: 7:23 min/km

□□□□□/□□□: 462 (of 537)

□□□□□/□: 389 (of 440)

□□□□□□: 1:41:44

□□□□□: 52(of 55)

□□□□□□□: 2:00:57

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:45	6:35	45	7:48	345	9:33	3.30	21:45	6:35	45	7:48	345	9:33	
Schlüsie	3.10	24:06	7:46	52	8:24	373	10:42	6.40	45:51	7:09	50	16:12	364	20:15	
Hermannsklippe	2.60	22:10	8:31	51	7:57	372	10:16	9.00	1:08:01	7:33	52	24:09	371	30:31	
Brocken	3.10	36:58	11:55	52	13:52	386	18:45	12.10	1:44:59	8:40	52	38:01	380	49:16	
Eiserner Handwe	3.60	24:12	6:43	51	10:04	384	11:36	15.70	2:09:11	8:13	52	47:32	381	1:00:52	
Schlüsie	4.10	23:08	5:38	50	9:37	392	11:11	19.80	2:32:19	7:41	52	56:03	384	1:12:03	
Loddenke	3.10	18:51	6:04	51	8:07	385	8:47	22.90	2:51:10	7:28	52	1:02:40	385	1:20:50	
Ilseburg/Markt	3.30	22:07	6:42	52	9:40	410	10:43	26.20	3:13:17	7:22	52	1:12:20	389	1:31:33	