



52. Brockenlauf

Ilseburg / 02.09.2023

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Strohmeier, Andreas

□□: Lauffreff Feierabend Einbeck
 □□: 413

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 3:13:38

□□: 8.06 km/h
 □□□□: 7:23 min/km

□□□□□/□□□: 464 (of 537)

□□□□□/□: 390 (of 440)

□□□□□□: 1:41:44

□□□□□: 56(of 59)

□□□□□□□: 2:13:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:02	6:58	56	7:35	408	10:50	3.30	23:02	6:58	56	7:35	408	10:50
Schlüsie	3.10	25:52	8:20	56	7:58	408	12:28	6.40	48:54	7:38	57	15:29	415	23:18
Hermannsklippe	2.60	23:34	9:03	56	8:04	400	11:40	9.00	1:12:28	8:03	57	22:49	410	34:58
Brocken	3.10	37:02	11:56	52	12:20	388	18:49	12.10	1:49:30	9:02	56	34:08	401	53:47
Eiserner Handwe	3.60	21:40	6:01	43	6:22	320	9:04	15.70	2:11:10	8:21	54	40:00	391	1:02:51
Schlüsie	4.10	22:10	5:24	52	6:50	370	10:13	19.80	2:33:20	7:44	54	46:50	388	1:13:04
Loddenke	3.10	18:57	6:06	55	6:32	387	8:53	22.90	2:52:17	7:31	56	53:22	391	1:21:57
Ilseburg/Markt	3.30	21:21	6:28	54	7:31	394	9:57	26.20	3:13:38	7:23	56	1:00:29	390	1:31:54