



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Maihs, Andreas

□□: Pattensen

□□: 273

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:14:50

□□: 8.01 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 466 (of 537)

□□□□□/□: 391 (of 440)

□□□□□□: 1:41:44

□□□□□: 51(of 61)

□□□□□□□: 2:00:25

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:48 | 6:54 | 55 | 8:17 | 400 | 10:36 | 3.30 | 22:48 | 6:54 | 55 | 8:17 | 400 | 10:36 | |
| Schlüsie | 3.10 | 25:44 | 8:18 | 54 | 9:35 | 406 | 12:20 | 6.40 | 48:32 | 7:34 | 56 | 17:31 | 409 | 22:56 | |
| Hermannsklippe | 2.60 | 23:34 | 9:03 | 54 | 9:28 | 400 | 11:40 | 9.00 | 1:12:06 | 8:00 | 55 | 26:59 | 408 | 34:36 | |
| Brocken | 3.10 | 38:41 | 12:28 | 54 | 16:11 | 405 | 20:28 | 12.10 | 1:50:47 | 9:09 | 55 | 42:44 | 406 | 55:04 | |
| Eiserner Handwe | 3.60 | 23:38 | 6:33 | 53 | 9:39 | 376 | 11:02 | 15.70 | 2:14:25 | 8:33 | 54 | 52:07 | 400 | 1:06:06 | |
| Schlüsie | 4.10 | 22:38 | 5:31 | 51 | 9:06 | 377 | 10:41 | 19.80 | 2:37:03 | 7:55 | 54 | 1:01:12 | 398 | 1:16:47 | |
| Loddenke | 3.10 | 17:56 | 5:47 | 48 | 6:39 | 365 | 7:52 | 22.90 | 2:54:59 | 7:38 | 53 | 1:07:38 | 394 | 1:24:39 | |
| Ilseburg/Markt | 3.30 | 19:51 | 6:00 | 47 | 6:54 | 356 | 8:27 | 26.20 | 3:14:50 | 7:26 | 51 | 1:14:25 | 391 | 1:33:06 | |