



# 52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Lang, Helmut

□□: Hannover Runners e.V.  
 □□: 246

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Senioren M50 (50-54 Jahre)

□□□: 3:15:46

□□: 7.97 km/h  
 □□□□: 7:28 min/km

□□□□□/□□□: 469 (of 537)

□□□□□/□: 394 (of 440)

□□□□□□: 1:41:44

□□□□□: 52(of 61)

□□□□□□□: 2:00:25

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 21:08    | 6:24         | 40      | 6:37    | 312     | 8:56    | 3.30  | 21:08     | 6:24          | 40      | 6:37    | 312     | 8:56    |
| Schlüsie        | 3.10     | 24:52    | 8:01         | 52      | 8:43    | 388     | 11:28   | 6.40  | 46:00     | 7:11          | 49      | 14:59   | 366     | 20:24   |
| Hermannsklippe  | 2.60     | 23:12    | 8:55         | 52      | 9:06    | 394     | 11:18   | 9.00  | 1:09:12   | 7:41          | 52      | 24:05   | 387     | 31:42   |
| Brocken         | 3.10     | 36:40    | 11:49        | 50      | 14:10   | 374     | 18:27   | 12.10 | 1:45:52   | 8:44          | 50      | 37:49   | 382     | 50:09   |
| Eiserner Handwe | 3.60     | 23:12    | 6:26         | 51      | 9:13    | 371     | 10:36   | 15.70 | 2:09:04   | 8:13          | 50      | 46:46   | 380     | 1:00:45 |
| Schlüsie        | 4.10     | 23:35    | 5:45         | 56      | 10:03   | 400     | 11:38   | 19.80 | 2:32:39   | 7:42          | 51      | 56:48   | 386     | 1:12:23 |
| Loddenke        | 3.10     | 19:22    | 6:14         | 54      | 8:05    | 399     | 9:18    | 22.90 | 2:52:01   | 7:30          | 51      | 1:04:40 | 390     | 1:21:41 |
| Ilseburg/Markt  | 3.30     | 23:45    | 7:11         | 59      | 10:48   | 427     | 12:21   | 26.20 | 3:15:46   | 7:28          | 52      | 1:15:21 | 394     | 1:34:02 |