



52. Brockenlauf

Ilseburg / 02.09.2023

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Twyrdy, Krystian

□□: Team Wetzsteine
 □□: 437

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 3:15:54

□□: 7.96 km/h
 □□□□: 7:29 min/km

□□□□□/□□□: 470 (of 537)

□□□□□/□: 395 (of 440)

□□□□□□: 1:41:44

□□□□□: 25(of 32)

□□□□□□□: 2:24:05

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:06	7:00	27	5:18	410	10:54	3.30	23:06	7:00	27	5:18	410	10:54
Schlüsie	3.10	25:12	8:07	28	5:55	397	11:48	6.40	48:18	7:32	26	10:47	402	22:42
Hermannsklippe	2.60	22:35	8:41	24	6:06	387	10:41	9.00	1:10:53	7:52	25	16:53	395	33:23
Brocken	3.10	36:46	11:51	24	8:44	377	18:33	12.10	1:47:39	8:53	24	25:37	390	51:56
Eiserner Handwe	3.60	23:52	6:37	25	7:18	378	11:16	15.70	2:11:31	8:22	25	32:04	394	1:03:12
Schlüsie	4.10	23:36	5:45	28	6:57	401	11:39	19.80	2:35:07	7:50	25	38:52	394	1:14:51
Loddenke	3.10	19:27	6:16	31	6:04	401	9:23	22.90	2:54:34	7:37	25	44:56	392	1:24:14
Ilseburg/Markt	3.30	21:20	6:27	30	6:53	393	9:56	26.20	3:15:54	7:28	25	51:49	395	1:34:10