



52. Brockenlauf

Ilseburg / 02.09.2023

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Tindale, Graham

□□: Elze

□□: 435

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:16:44

□□: 7.93 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 474 (of 537)

□□□□□/□: 398 (of 440)

□□□□□□: 1:41:44

□□□□□: 56(of 57)

□□□□□□□: 1:54:56

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:49 | 6:18 | 38 | 6:32 | 290 | 8:37 | 3.30 | 20:49 | 6:18 | 38 | 6:32 | 290 | 8:37 | |
| Schlüsie | 3.10 | 23:47 | 7:40 | 51 | 8:02 | 360 | 10:23 | 6.40 | 44:36 | 6:58 | 46 | 14:34 | 339 | 19:00 | |
| Hermannsklippe | 2.60 | 22:44 | 8:44 | 54 | 9:04 | 388 | 10:50 | 9.00 | 1:07:20 | 7:28 | 51 | 23:38 | 362 | 29:50 | |
| Brocken | 3.10 | 41:12 | 13:17 | 57 | 20:23 | 421 | 22:59 | 12.10 | 1:48:32 | 8:58 | 56 | 44:01 | 394 | 52:49 | |
| Eiserner Handwe | 3.60 | 26:09 | 7:15 | 55 | 12:32 | 416 | 13:33 | 15.70 | 2:14:41 | 8:34 | 56 | 56:33 | 402 | 1:06:22 | |
| Schlüsie | 4.10 | 22:39 | 5:31 | 49 | 9:21 | 379 | 10:42 | 19.80 | 2:37:20 | 7:56 | 56 | 1:05:54 | 401 | 1:17:04 | |
| Loddenke | 3.10 | 18:13 | 5:52 | 47 | 6:54 | 372 | 8:09 | 22.90 | 2:55:33 | 7:39 | 56 | 1:12:48 | 396 | 1:25:13 | |
| Ilseburg/Markt | 3.30 | 21:11 | 6:25 | 54 | 9:00 | 389 | 9:47 | 26.20 | 3:16:44 | 7:30 | 56 | 1:21:48 | 398 | 1:35:00 | |