



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Wittig, Axel

□□: TuS Hasede

□□: 473

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 3:19:38

□□: 7.81 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 491 (of 537)

□□□□□/□: 407 (of 440)

□□□□□□: 1:41:44

□□□□□: 3(of 6)

□□□□□□□: 2:57:55

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:30 | 7:07 | 3 | 2:30 | 420 | 11:18 | 3.30 | 23:30 | 7:07 | 3 | 2:30 | 420 | 11:18 |
| Schlüsie | 3.10 | 25:03 | 8:04 | 3 | 1:43 | 392 | 11:39 | 6.40 | 48:33 | 7:35 | 3 | 4:13 | 410 | 22:57 |
| Hermannsklippe | 2.60 | 22:22 | 8:36 | 3 | 0:32 | 382 | 10:28 | 9.00 | 1:10:55 | 7:52 | 3 | 4:44 | 396 | 33:25 |
| Brocken | 3.10 | 38:30 | 12:25 | 3 | 3:45 | 401 | 20:17 | 12.10 | 1:49:25 | 9:02 | 3 | 7:02 | 400 | 53:42 |
| Eiserner Handwe | 3.60 | 25:29 | 7:04 | 4 | 4:14 | 407 | 12:53 | 15.70 | 2:14:54 | 8:35 | 3 | 11:16 | 404 | 1:06:35 |
| Schlüsie | 4.10 | 24:41 | 6:01 | 4 | 4:51 | 414 | 12:44 | 19.80 | 2:39:35 | 8:03 | 3 | 16:07 | 408 | 1:19:19 |
| Loddenke | 3.10 | 19:12 | 6:11 | 3 | 2:56 | 390 | 9:08 | 22.90 | 2:58:47 | 7:48 | 3 | 19:03 | 408 | 1:28:27 |
| Ilseburg/Markt | 3.30 | 20:51 | 6:19 | 3 | 2:40 | 378 | 9:27 | 26.20 | 3:19:38 | 7:37 | 3 | 21:43 | 407 | 1:37:54 |