



52. Brockenlauf

Ilseburg / 02.09.2023

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Gassner, Nils

□□: Clausthal-Zellerfeld
 □□: 131

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Senioren M30 (30-34 Jahre)

□□□: 3:21:14

□□: 7.75 km/h
 □□□□: 7:41 min/km

□□□□□/□□□: 494 (of 537)

□□□□□/□: 409 (of 440)

□□□□□□: 1:41:44

□□□□□: 45(of 47)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:22	6:46	45	10:10	378	10:10	3.30	22:22	6:46	45	10:10	378	10:10
Schlüsie	3.10	25:12	8:07	45	11:48	397	11:48	6.40	47:34	7:25	45	21:58	392	21:58
Hermannsklippe	2.60	23:22	8:59	45	11:28	397	11:28	9.00	1:10:56	7:52	45	33:26	397	33:26
Brocken	3.10	35:20	11:23	44	17:07	353	17:07	12.10	1:46:16	8:46	45	50:33	383	50:33
Eiserner Handwe	3.60	24:31	6:48	43	11:55	388	11:55	15.70	2:10:47	8:19	45	1:02:28	389	1:02:28
Schlüsie	4.10	26:01	6:20	44	14:04	427	14:04	19.80	2:36:48	7:55	44	1:16:32	396	1:16:32
Loddenke	3.10	21:29	6:55	46	11:25	426	11:25	22.90	2:58:17	7:47	45	1:27:57	407	1:27:57
Ilseburg/Markt	3.30	22:57	6:57	45	11:33	419	11:33	26.20	3:21:14	7:40	45	1:39:30	409	1:39:30