



52. Brockenlauf

Ilseburg / 02.09.2023

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Krücke, Felix

□□: Halle

□□: 239

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:23:47

□□: 7.66 km/h

□□□□: 7:47 min/km

□□□□□/□□□: 501 (of 537)

□□□□□/□: 415 (of 440)

□□□□□□: 1:41:44

□□□□□: 57(of 57)

□□□□□□□: 1:54:56

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:04 | 6:59 | 56 | 8:47 | 409 | 10:52 | 3.30 | 23:04 | 6:59 | 56 | 8:47 | 409 | 10:52 |
| Schlüsie | 3.10 | 25:12 | 8:07 | 57 | 9:27 | 397 | 11:48 | 6.40 | 48:16 | 7:32 | 57 | 18:14 | 400 | 22:40 |
| Hermannsklippe | 2.60 | 23:44 | 9:07 | 56 | 10:04 | 406 | 11:50 | 9.00 | 1:12:00 | 8:00 | 57 | 28:18 | 405 | 34:30 |
| Brocken | 3.10 | 36:49 | 11:52 | 54 | 16:00 | 379 | 18:36 | 12.10 | 1:48:49 | 8:59 | 57 | 44:18 | 395 | 53:06 |
| Eiserner Handwe | 3.60 | 28:52 | 8:01 | 57 | 15:15 | 435 | 16:16 | 15.70 | 2:17:41 | 8:46 | 57 | 59:33 | 408 | 1:09:22 |
| Schlüsie | 4.10 | 25:55 | 6:19 | 57 | 12:37 | 425 | 13:58 | 19.80 | 2:43:36 | 8:15 | 57 | 1:12:10 | 414 | 1:23:20 |
| Loddenke | 3.10 | 19:13 | 6:11 | 52 | 7:54 | 391 | 9:09 | 22.90 | 3:02:49 | 7:58 | 57 | 1:20:04 | 414 | 1:32:29 |
| Ilseburg/Markt | 3.30 | 20:58 | 6:21 | 53 | 8:47 | 384 | 9:34 | 26.20 | 3:23:47 | 7:46 | 57 | 1:28:51 | 415 | 1:42:03 |