



52. Brockenlauf

Ilseburg / 02.09.2023

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Wolff, Gerhard

□□: Envipro

□□: 476

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:24:24

□□: 7.63 km/h

□□□□: 7:48 min/km

□□□□□/□□□: 506 (of 537)

□□□□□/□: 417 (of 440)

□□□□□□: 1:41:44

□□□□□: 56(of 61)

□□□□□□□: 2:00:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:54	7:14	60	9:23	428	11:42	3.30	23:54	7:14	60	9:23	428	11:42
Schlüsie	3.10	27:26	8:50	59	11:17	428	14:02	6.40	51:20	8:01	59	20:19	428	25:44
Hermannsklippe	2.60	26:44	10:16	61	12:38	435	14:50	9.00	1:18:04	8:40	60	32:57	432	40:34
Brocken	3.10	41:40	13:26	57	19:10	426	23:27	12.10	1:59:44	9:53	58	51:41	430	1:04:01
Eiserner Handwe	3.60	26:23	7:19	57	12:24	418	13:47	15.70	2:26:07	9:18	59	1:03:49	431	1:17:48
Schlüsie	4.10	22:08	5:23	49	8:36	368	10:11	19.80	2:48:15	8:29	58	1:12:24	426	1:27:59
Loddenke	3.10	16:37	5:21	39	5:20	303	6:33	22.90	3:04:52	8:04	56	1:17:31	420	1:34:32
Ilseburg/Markt	3.30	19:32	5:55	46	6:35	350	8:08	26.20	3:24:24	7:48	56	1:23:59	417	1:42:40