



52. Brockenlauf

Ilseburg / 02.09.2023

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Thater, Ralf

□□: LSF Oldenburg

□□: 424

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:29:35

□□: 7.44 km/h

□□□□: 8:00 min/km

□□□□□/□□□□: 516 (of 537)

□□□□□/□: 424 (of 440)

□□□□□□: 1:41:44

□□□□□: 31(of 32)

□□□□□□□: 2:24:05

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:20	6:46	24	4:32	376	10:08	3.30	22:20	6:46	24	4:32	376	10:08
Schlüsie	3.10	25:00	8:03	24	5:43	391	11:36	6.40	47:20	7:23	24	9:49	387	21:44
Hermannsklippe	2.60	24:56	9:35	29	8:27	423	13:02	9.00	1:12:16	8:01	27	18:16	409	34:46
Brocken	3.10	44:18	14:17	31	16:16	435	26:05	12.10	1:56:34	9:38	30	34:32	424	1:00:51
Eiserner Handwe	3.60	27:25	7:36	31	10:51	428	14:49	15.70	2:23:59	9:10	30	44:32	426	1:15:40
Schlüsie	4.10	25:20	6:10	32	8:41	419	13:23	19.80	2:49:19	8:33	31	53:04	429	1:29:03
Loddenke	3.10	19:58	6:26	32	6:35	413	9:54	22.90	3:09:17	8:15	31	59:39	429	1:38:57
Ilseburg/Markt	3.30	20:18	6:09	26	5:51	365	8:54	26.20	3:29:35	7:59	31	1:05:30	424	1:47:51