



52. Brockenlauf

Ilsenburg / 02.09.2023

□□□□

Hovgaard Nielsen, Frede

□□: Faaborg Ski og Motion

□□: 185

□□: 26.20 km

26,2 km - Lauf

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 3:41:15

□□: 7.05 km/h

□□□□: 8:26 min/km

□□□□□/□□□: 526 (of 537)

□□□□□/□: 434 (of 440)

□□□□□□: 1:41:44

□□□□□: 6(of 6)

□□□□□□□: 2:57:55

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 28:28 | 8:37 | 6 | 7:28 | 439 | 16:16 | 3.30 | 28:28 | 8:37 | 6 | 7:28 | 439 | 16:16 | |
| Schlüsie | 3.10 | 28:54 | 9:19 | 5 | 5:34 | 435 | 15:30 | 6.40 | 57:22 | 8:57 | 6 | 13:02 | 439 | 31:46 | |
| Hermannsklippe | 2.60 | 27:30 | 10:34 | 6 | 5:40 | 440 | 15:36 | 9.00 | 1:24:52 | 9:25 | 6 | 18:41 | 439 | 47:22 | |
| Brocken | 3.10 | 40:33 | 13:04 | 4 | 5:48 | 418 | 22:20 | 12.10 | 2:05:25 | 10:21 | 5 | 23:02 | 438 | 1:09:42 | |
| Eiserner Handwe | 3.60 | 25:37 | 7:06 | 5 | 4:22 | 410 | 13:01 | 15.70 | 2:31:02 | 9:37 | 6 | 27:24 | 437 | 1:22:43 | |
| Schlüsie | 4.10 | 26:24 | 6:26 | 6 | 6:34 | 429 | 14:27 | 19.80 | 2:57:26 | 8:57 | 6 | 33:58 | 436 | 1:37:10 | |
| Loddenke | 3.10 | 21:02 | 6:47 | 5 | 4:46 | 421 | 10:58 | 22.90 | 3:18:28 | 8:40 | 6 | 38:44 | 436 | 1:48:08 | |
| Ilsenburg/Markt | 3.30 | 22:47 | 6:54 | 4 | 4:36 | 417 | 11:23 | 26.20 | 3:41:15 | 8:26 | 6 | 43:20 | 434 | 1:59:31 | |