



50. Brockenlauf

Ilseburg / 04.09.2021

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Gräf, Silvia

□□: Team Erdinger Alkoholfrei

□□: 165

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:11:12

□□: 8.22 km/h

□□□□: 7:18 min/km

□□□□□/□□□: 404 (of 467)

□□□□□/□: 60 (of 80)

□□□□□□: 2:03:14

□□□□□: 10(of 14)

□□□□□□□: 2:24:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:28	6:48	11	3:29	61	7:33	3.30	22:28	6:48	15	3:29	81	7:33	
Schlüsie	3.10	24:18	7:50	8	4:57	51	7:35	6.40	46:46	7:18	15	8:26	81	15:08	
Hermannsklippe	2.60	24:25	9:23	13	7:59	71	9:41	9.00	1:11:11	7:54	15	16:25	81	24:49	
Brocken	3.10	37:49	12:11	10	11:20	63	13:09	12.10	1:49:00	9:00	15	27:45	81	37:58	
Eiserner Handwe	3.60	23:52	6:37	11	6:21	59	9:22	15.70	2:12:52	8:27	15	34:06	81	47:20	
Schlüsie	4.10	22:27	5:28	10	5:22	57	8:31	19.80	2:35:19	7:50	15	39:28	81	55:51	
Loddenke	3.10	17:05	5:30	6	3:24	44	5:41	22.90	2:52:24	7:31	14	42:52	80	1:01:32	
Ilseburg/Markt	3.30	18:48	5:41	7	3:47	47	6:26	26.20	3:11:12	7:17	10	46:39	60	1:07:58	