



50. Brockenlauf

Ilseburg / 04.09.2021

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Koepe, Ulrike

□□: Lauftreff Wewer
 □□: 237

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:16:28

□□: 11.43 km/h
 □□□□: 5:13 min/km

□□□□□/□□□□: 72 (of 467)

□□□□□/□: 4 (of 80)

□□□□□□: 2:03:14

□□□□□: 1(of 11)

□□□□□□□: 2:16:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:07	5:29	1	-	9	3:12	3.30	18:07	5:29	1	-	81	3:12	
Schlüsie	3.10	18:24	5:56	1	-	5	1:41	6.40	36:31	5:42	1	-	81	4:53	
Hermannsklippe	2.60	16:09	6:12	1	-	6	1:25	9.00	52:40	5:51	1	-	81	6:18	
Brocken	3.10	24:44	7:58	1	-	2	0:04	12.10	1:17:24	6:23	1	-	81	6:22	
Eiserner Handwe	3.60	15:57	4:25	1	-	3	1:27	15.70	1:33:21	5:56	1	-	81	7:49	
Schlüsie	4.10	15:30	3:46	1	-	4	1:34	19.80	1:48:51	5:29	1	-	81	9:23	
Loddenke	3.10	13:10	4:14	1	-	6	1:46	22.90	2:02:01	5:19	1	-	80	11:09	
Ilseburg/Markt	3.30	14:27	4:22	1	-	6	2:05	26.20	2:16:28	5:12	1	-	4	13:14	