



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Schäfer-Schander, Nadja

□□: Kassel

□□: 383

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:42:22

□□: 9.61 km/h

□□□□: 6:12 min/km

□□□□□/□□□: 248 (of 467)

□□□□□/□: 23 (of 80)

□□□□□□: 2:03:14

□□□□□: 5(of 15)

□□□□□□□: 2:28:06

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:21	5:51	4	1:00	19	4:26	3.30	19:21	5:51	16	1:00	81	4:26
Schlüsie	3.10	22:32	7:16	10	2:58	33	5:49	6.40	41:53	6:32	16	3:58	81	10:15
Hermannsklippe	2.60	20:38	7:56	11	3:38	38	5:54	9.00	1:02:31	6:56	16	7:36	81	16:09
Brocken	3.10	33:21	10:45	9	3:43	34	8:41	12.10	1:35:52	7:55	16	11:10	81	24:50
Eiserner Handwe	3.60	17:56	4:58	3	0:57	13	3:26	15.70	1:53:48	7:14	16	12:07	81	28:16
Schlüsie	4.10	17:25	4:14	3	0:42	17	3:29	19.80	2:11:13	6:37	16	12:49	81	31:45
Loddenke	3.10	14:28	4:40	5	1:05	20	3:04	22.90	2:25:41	6:21	16	12:52	80	34:49
Ilseburg/Markt	3.30	16:41	5:03	6	2:01	26	4:19	26.20	2:42:22	6:11	5	14:16	23	39:08