



# 50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

**Kwidzinski, Raphaela**

□□: Ostfildern  
 □□: 259

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:43:49

□□: 9.52 km/h  
 □□□□: 6:15 min/km

□□□□□/□□□: 257 (of 467)

□□□□□/□: 26 (of 80)

□□□□□□: 2:03:14

□□□□□: 3(of 7)

□□□□□□□: 2:33:45

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 18:02    | 5:27         | 1       | -       | 7       | 3:07    | 3.30  | 18:02     | 5:27          | 1       | -       | 81      | 3:07    |
| Schlüsie        | 3.10     | 20:22    | 6:34         | 1       | -       | 14      | 3:39    | 6.40  | 38:24     | 5:59          | 1       | -       | 81      | 6:46    |
| Hermannsklippe  | 2.60     | 18:10    | 6:59         | 1       | -       | 14      | 3:26    | 9.00  | 56:34     | 6:17          | 1       | -       | 81      | 10:12   |
| Brocken         | 3.10     | 28:53    | 9:19         | 1       | -       | 12      | 4:13    | 12.10 | 1:25:27   | 7:03          | 1       | -       | 81      | 14:25   |
| Eiserner Handwe | 3.60     | 28:26    | 7:53         | 7       | 9:45    | 78      | 13:56   | 15.70 | 1:53:53   | 7:15          | 8       | 7:10    | 81      | 28:21   |
| Schlüsie        | 4.10     | 19:48    | 4:49         | 5       | 2:30    | 38      | 5:52    | 19.80 | 2:13:41   | 6:45          | 8       | 9:40    | 81      | 34:13   |
| Loddenke        | 3.10     | 14:35    | 4:42         | 2       | 0:38    | 21      | 3:11    | 22.90 | 2:28:16   | 6:28          | 8       | 10:18   | 80      | 37:24   |
| Ilseburg/Markt  | 3.30     | 15:33    | 4:42         | 1       | -       | 14      | 3:11    | 26.20 | 2:43:49   | 6:15          | 3       | 10:04   | 26      | 40:35   |