



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Wienstroer, Antje

□□: Team Erdinger alkoholfrei
 □□: 493

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:45:51

□□: 9.41 km/h
 □□□□: 6:20 min/km

□□□□□/□□□: 268 (of 467)

□□□□□/□: 27 (of 80)

□□□□□□: 2:03:14

□□□□□: 2(of 11)

□□□□□□□: 2:16:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:30	6:30	5	3:23	46	6:35	3.30	21:30	6:30	12	3:23	81	6:35	
Schlüsie	3.10	22:51	7:22	3	4:27	38	6:08	6.40	44:21	6:55	12	7:50	81	12:43	
Hermannsklippe	2.60	20:00	7:41	3	3:51	32	5:16	9.00	1:04:21	7:08	12	11:41	81	17:59	
Brocken	3.10	32:29	10:28	3	7:45	31	7:49	12.10	1:36:50	8:00	12	19:26	81	25:48	
Eiserner Handwe	3.60	19:26	5:23	2	3:29	26	4:56	15.70	1:56:16	7:24	12	22:55	81	30:44	
Schlüsie	4.10	18:24	4:29	3	2:54	24	4:28	19.80	2:14:40	6:48	12	25:49	81	35:12	
Loddenke	3.10	14:54	4:48	2	1:44	22	3:30	22.90	2:29:34	6:31	12	27:33	80	38:42	
Ilseburg/Markt	3.30	16:17	4:56	2	1:50	20	3:55	26.20	2:45:51	6:19	2	29:23	27	42:37	