



50. Brockenlauf

Ilseburg / 04.09.2021

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Grohmann, Christina

□□: Bad Salzuflen
 □□: 169

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:48:52

□□: 9.24 km/h
 □□□□: 6:27 min/km

□□□□□/□□□□: 282 (of 467)

□□□□□/□: 29 (of 80)

□□□□□□: 2:03:14

□□□□□: 8(of 15)

□□□□□□□: 2:28:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:37	6:14	9	2:16	35	5:42	3.30	20:37	6:14	16	2:16	81	5:42
Schlüsie	3.10	22:26	7:14	9	2:52	31	5:43	6.40	43:03	6:43	16	5:08	81	11:25
Hermannsklippe	2.60	20:09	7:44	9	3:09	34	5:25	9.00	1:03:12	7:01	16	8:17	81	16:50
Brocken	3.10	32:23	10:26	8	2:45	30	7:43	12.10	1:35:35	7:53	16	10:53	81	24:33
Eiserner Handwe	3.60	20:13	5:36	8	3:14	31	5:43	15.70	1:55:48	7:22	16	14:07	81	30:16
Schlüsie	4.10	19:11	4:40	7	2:28	31	5:15	19.80	2:14:59	6:49	16	16:35	81	35:31
Loddenke	3.10	16:03	5:10	9	2:40	32	4:39	22.90	2:31:02	6:35	16	18:13	80	40:10
Ilseburg/Markt	3.30	17:50	5:24	10	3:10	36	5:28	26.20	2:48:52	6:26	8	20:46	29	45:38