



50. Brockenlauf

Ilseburg / 04.09.2021

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Jaensch, Friederike

□□: Berlin

□□: 213

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:51:08

□□: 9.12 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 298 (of 467)

□□□□□/□: 33 (of 80)

□□□□□□: 2:03:14

□□□□□: 4(of 7)

□□□□□□□: 2:33:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:33	6:31	5	3:31	47	6:38	3.30	21:33	6:31	8	3:31	81	6:38
Schlüsie	3.10	22:35	7:17	4	2:13	34	5:52	6.40	44:08	6:53	8	5:44	81	12:30
Hermannsklippe	2.60	19:01	7:18	3	0:51	22	4:17	9.00	1:03:09	7:00	8	6:35	81	16:47
Brocken	3.10	31:21	10:06	4	2:28	25	6:41	12.10	1:34:30	7:48	8	9:03	81	23:28
Eiserner Handwe	3.60	22:24	6:13	5	3:43	54	7:54	15.70	1:56:54	7:26	8	10:11	81	31:22
Schlüsie	4.10	21:32	5:15	6	4:14	49	7:36	19.80	2:18:26	6:59	8	14:25	81	38:58
Loddenke	3.10	16:19	5:15	5	2:22	35	4:55	22.90	2:34:45	6:45	8	16:47	80	43:53
Ilseburg/Markt	3.30	16:23	4:57	3	0:50	21	4:01	26.20	2:51:08	6:31	4	17:23	33	47:54