



50. Brockenlauf

Ilseburg / 04.09.2021

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Glodek, Viola

□□: Berlin

□□: 160

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:57:16

□□: 8.80 km/h

□□□□: 6:46 min/km

□□□□□/□□□: 335 (of 467)

□□□□□/□: 40 (of 80)

□□□□□□: 2:03:14

□□□□□: 6(of 7)

□□□□□□□: 2:33:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:40 | 6:15 | 4 | 2:38 | 36 | 5:45 | 3.30 | 20:40 | 6:15 | 8 | 2:38 | 81 | 5:45 |
| Schlüsie | 3.10 | 22:49 | 7:21 | 5 | 2:27 | 36 | 6:06 | 6.40 | 43:29 | 6:47 | 8 | 5:05 | 81 | 11:51 |
| Hermannsklippe | 2.60 | 21:35 | 8:18 | 6 | 3:25 | 44 | 6:51 | 9.00 | 1:05:04 | 7:13 | 8 | 8:30 | 81 | 18:42 |
| Brocken | 3.10 | 36:21 | 11:43 | 5 | 7:28 | 53 | 11:41 | 12.10 | 1:41:25 | 8:22 | 8 | 15:58 | 81 | 30:23 |
| Eiserner Handwe | 3.60 | 21:56 | 6:05 | 4 | 3:15 | 47 | 7:26 | 15.70 | 2:03:21 | 7:51 | 8 | 16:38 | 81 | 37:49 |
| Schlüsie | 4.10 | 19:18 | 4:42 | 4 | 2:00 | 33 | 5:22 | 19.80 | 2:22:39 | 7:12 | 8 | 18:38 | 81 | 43:11 |
| Loddenke | 3.10 | 16:10 | 5:12 | 4 | 2:13 | 34 | 4:46 | 22.90 | 2:38:49 | 6:56 | 8 | 20:51 | 80 | 47:57 |
| Ilseburg/Markt | 3.30 | 18:27 | 5:35 | 6 | 2:54 | 41 | 6:05 | 26.20 | 2:57:16 | 6:45 | 6 | 23:31 | 40 | 54:02 |