



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Mayer, Anna-Lena

□□: Walldorf
 □□: 295

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:00:04

□□: 8.66 km/h
 □□□□: 6:52 min/km

□□□□□/□□□: 350 (of 467)

□□□□□/□: 43 (of 80)

□□□□□□: 2:03:14

□□□□□: 5(of 9)

□□□□□□□: 2:03:14

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:28	6:12	6	5:33	32	5:33	3.30	20:28	6:12	10	5:33	81	5:33
Schlüsie	3.10	22:31	7:15	6	5:48	32	5:48	6.40	42:59	6:42	10	11:21	81	11:21
Hermannsklippe	2.60	22:42	8:43	8	7:58	54	7:58	9.00	1:05:41	7:17	10	19:19	81	19:19
Brocken	3.10	36:57	11:55	8	12:17	59	12:17	12.10	1:42:38	8:28	10	31:36	81	31:36
Eiserner Handwe	3.60	19:49	5:30	5	5:19	27	5:19	15.70	2:02:27	7:47	10	36:55	81	36:55
Schlüsie	4.10	19:00	4:38	5	5:04	29	5:04	19.80	2:21:27	7:08	10	41:59	81	41:59
Loddenke	3.10	17:54	5:46	6	6:30	57	6:30	22.90	2:39:21	6:57	10	48:29	80	48:29
Ilseburg/Markt	3.30	20:43	6:16	8	8:21	67	8:21	26.20	3:00:04	6:52	5	56:50	43	56:50