



50. Brockenlauf

Ilseburg / 04.09.2021

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Franke, Andrea

□□: Flying Stöckels de Luxe

□□: 128

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:03:30

□□: 8.50 km/h

□□□□: 7:00 min/km

□□□□□/□□□: 371 (of 467)

□□□□□/□: 48 (of 80)

□□□□□□: 2:03:14

□□□□□: 8(of 14)

□□□□□□□: 2:24:33

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:18	6:27	7	2:19	42	6:23	3.30	21:18	6:27	15	2:19	81	6:23
Schlüsie	3.10	24:26	7:52	9	5:05	53	7:43	6.40	45:44	7:08	15	7:24	81	14:06
Hermannsklippe	2.60	23:59	9:13	12	7:33	68	9:15	9.00	1:09:43	7:44	15	14:57	81	23:21
Brocken	3.10	36:37	11:48	8	10:08	55	11:57	12.10	1:46:20	8:47	15	25:05	81	35:18
Eiserner Handwe	3.60	21:23	5:56	7	3:52	40	6:53	15.70	2:07:43	8:08	15	28:57	81	42:11
Schlüsie	4.10	21:11	5:10	7	4:06	47	7:15	19.80	2:28:54	7:31	15	33:03	81	49:26
Loddenke	3.10	16:03	5:10	5	2:22	32	4:39	22.90	2:44:57	7:12	14	35:25	80	54:05
Ilseburg/Markt	3.30	18:33	5:37	6	3:32	42	6:11	26.20	3:03:30	7:00	8	38:57	48	1:00:16