50. Brockenlauf

Ilsenburg / 04.09.2021

□□□□

Schrader, Anja

□□: Laufgruppe Lustig
□□: 416

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W45 (45-49 Jahre)

□□□: 3:05:03

□□: 8.50 km/h
□□□□: 7:04 min/km

□□□□□/□□□: 375 (of 467)
□□□□□/□: 50 (of 80)
□□□□□□: 2:03:14

□□□□□: 3(of 8)
□□□□□□□: 2:26:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:12	6:43	5	3:56	55	7:17	3.30	22:12	6:43	9	3:56	81	7:17
Schlüsie	3.10	26:34	8:34	5	7:09	68	9:51	6.40	48:46	7:37	9	11:05	81	17:08
Hermannsklippe	2.60	23:47	9:08	5	6:36	65	9:03	9.00	1:12:33	8:03	9	17:41	81	26:11
Brocken	3.10	36:55	11:54	3	9:36	58	12:15	12.10	1:49:28	9:02	9	27:17	81	38:26
Eiserner Handwe	3.60	21:07	5:51	3	3:47	39	6:37	15.70	2:10:35	8:19	9	31:04	81	45:03
Schlüsie	4.10	19:33	4:46	4	2:14	36	5:37	19.80	2:30:08	7:34	9	33:18	81	50:40
Loddenke	3.10	16:53	5:26	4	2:49	43	5:29	22.90	2:47:01	7:17	9	36:07	80	56:09
Ilsenburg/Markt	3.30	18:02	5:27	3	2:52	37	5:40	26.20	3:05:03	7:03	3	38:59	50	1:01:49