



50. Brockenlauf

Ilseburg / 04.09.2021

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Thöß, Ilo

□□: LG Ultralauf
 □□: 466

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:54:37

□□: 8.93 km/h
 □□□□: 6:40 min/km

□□□□□/□□□: 323 (of 467)

□□□□□/□: 36 (of 80)

□□□□□□: 2:03:14

□□□□□: 4(of 11)

□□□□□□□: 2:16:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:58	6:21	3	2:51	39	6:03	3.30	20:58	6:21	12	2:51	81	6:03
Schlüsie	3.10	24:00	7:44	4	5:36	47	7:17	6.40	44:58	7:01	12	8:27	81	13:20
Hermannsklippe	2.60	22:14	8:33	5	6:05	50	7:30	9.00	1:07:12	7:28	12	14:32	81	20:50
Brocken	3.10	36:07	11:39	6	11:23	50	11:27	12.10	1:43:19	8:32	12	25:55	81	32:17
Eiserner Handwe	3.60	20:55	5:48	5	4:58	36	6:25	15.70	2:04:14	7:54	12	30:53	81	38:42
Schlüsie	4.10	17:36	4:17	2	2:06	19	3:40	19.80	2:21:50	7:09	12	32:59	81	42:22
Loddenke	3.10	16:01	5:09	3	2:51	31	4:37	22.90	2:37:51	6:53	12	35:50	80	46:59
Ilseburg/Markt	3.30	16:46	5:04	3	2:19	28	4:24	26.20	2:54:37	6:39	4	38:09	36	51:23