



50. Brockenlauf

Ilseburg / 04.09.2021

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Hörhold, Monique

□□: Hannover
□□: 205

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W30 (30-34 Jahre)

□□□: 3:06:12

□□: 8.38 km/h
□□□□: 7:07 min/km

□□□□□/□□□: 378 (of 467)

□□□□□/□: 52 (of 80)

□□□□□□: 2:03:14

□□□□□: 7(of 9)

□□□□□□□: 2:03:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:39	6:51	8	7:44	62	7:44	3.30	22:39	6:51	10	7:44	81	7:44	
Schlüsie	3.10	23:50	7:41	7	7:07	45	7:07	6.40	46:29	7:15	10	14:51	81	14:51	
Hermannsklippe	2.60	21:12	8:09	6	6:28	40	6:28	9.00	1:07:41	7:31	10	21:19	81	21:19	
Brocken	3.10	34:55	11:15	6	10:15	42	10:15	12.10	1:42:36	8:28	10	31:34	81	31:34	
Eiserner Handwe	3.60	24:42	6:51	7	10:12	63	10:12	15.70	2:07:18	8:06	10	41:46	81	41:46	
Schlüsie	4.10	22:49	5:33	7	8:53	60	8:53	19.80	2:30:07	7:34	10	50:39	81	50:39	
Loddenke	3.10	17:14	5:33	5	5:50	47	5:50	22.90	2:47:21	7:18	10	56:29	80	56:29	
Ilseburg/Markt	3.30	18:51	5:42	5	6:29	48	6:29	26.20	3:06:12	7:06	7	1:02:58	52	1:02:58	