



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Meinberg, Anke**

□□: Braunschweig

□□: 299

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W65 (65-69 Jahre)

□□□: 3:06:16

□□: 8.38 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 379 (of 467)

□□□□□/□: 53 (of 80)

□□□□□□: 2:03:14

□□□□□: 1(of 2)

□□□□□□□: 3:06:16

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 23:57    | 7:15         | 2       | 0:42    | 72      | 9:02    | 3.30  | 23:57     | 7:15      | 3             | 0:42    | 81      | 9:02    |         |
| Schlüsie        | 3.10     | 26:04    | 8:24         | 1       | -       | 61      | 9:21    | 6.40  | 50:01     | 7:48      | 3             | 0:11    | 81      | 18:23   |         |
| Hermannsklippe  | 2.60     | 22:53    | 8:48         | 1       | -       | 57      | 8:09    | 9.00  | 1:12:54   | 8:06      | 1             | -       | 81      | 26:32   |         |
| Brocken         | 3.10     | 34:34    | 11:09        | 1       | -       | 39      | 9:54    | 12.10 | 1:47:28   | 8:52      | 1             | -       | 81      | 36:26   |         |
| Eiserner Handwe | 3.60     | 22:16    | 6:11         | 2       | 0:10    | 51      | 7:46    | 15.70 | 2:09:44   | 8:15      | 1             | -       | 81      | 44:12   |         |
| Schlüsie        | 4.10     | 19:44    | 4:48         | 1       | -       | 37      | 5:48    | 19.80 | 2:29:28   | 7:32      | 1             | -       | 81      | 50:00   |         |
| Loddenke        | 3.10     | 17:10    | 5:32         | 1       | -       | 45      | 5:46    | 22.90 | 2:46:38   | 7:16      | 1             | -       | 80      | 55:46   |         |
| Ilseburg/Markt  | 3.30     | 19:38    | 5:56         | 2       | 0:19    | 59      | 7:16    | 26.20 | 3:06:16   | 7:06      | 1             | -       | 53      | 1:03:02 |         |