



50. Brockenlauf

Ilseburg / 04.09.2021

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Knappstein, Melina

□□: Bochum
 □□: 234

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Frauen (20-29 Jahre)

□□□: 3:05:16

□□: 8.42 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 376 (of 467)

□□□□□/□: 51 (of 80)

□□□□□□: 2:03:14

□□□□□: 8(of 9)

□□□□□□□: 2:11:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:43	7:11	9	7:58	71	8:48	3.30	23:43	7:11	10	7:58	81	8:48
Schlüsie	3.10	26:08	8:25	8	8:59	62	9:25	6.40	49:51	7:47	10	16:57	81	18:13
Hermannsklippe	2.60	23:13	8:55	8	8:29	60	8:29	9.00	1:13:04	8:07	10	25:26	81	26:42
Brocken	3.10	36:14	11:41	8	10:56	51	11:34	12.10	1:49:18	9:01	10	36:22	81	38:16
Eiserner Handwe	3.60	21:30	5:58	7	6:09	41	7:00	15.70	2:10:48	8:19	10	41:22	81	45:16
Schlüsie	4.10	20:04	4:53	7	4:57	39	6:08	19.80	2:30:52	7:37	10	45:54	81	51:24
Loddenke	3.10	16:22	5:16	7	4:02	37	4:58	22.90	2:47:14	7:18	10	49:56	80	56:22
Ilseburg/Markt	3.30	18:02	5:27	7	4:49	37	5:40	26.20	3:05:16	7:04	8	54:08	51	1:02:02