



50. Brockenlauf

Ilseburg / 04.09.2021

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Rosenbaum, Birgit

□□: LSG Kassel
 □□: 374

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:01:14

□□: 8.61 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 358 (of 467)

□□□□□/□: 45 (of 80)

□□□□□□: 2:03:14

□□□□□: 1(of 3)

□□□□□□□: 3:01:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:02	6:04	1	-	30	5:07	3.30	20:02	6:04	1	-	81	5:07	
Schlüsie	3.10	23:39	7:37	1	-	43	6:56	6.40	43:41	6:49	1	-	81	12:03	
Hermannsklippe	2.60	24:29	9:24	2	1:26	73	9:45	9.00	1:08:10	7:34	1	-	81	21:48	
Brocken	3.10	35:48	11:32	1	-	49	11:08	12.10	1:43:58	8:35	1	-	81	32:56	
Eiserner Handwe	3.60	21:53	6:04	1	-	46	7:23	15.70	2:05:51	8:00	1	-	81	40:19	
Schlüsie	4.10	20:21	4:57	1	-	42	6:25	19.80	2:26:12	7:23	1	-	81	46:44	
Loddenke	3.10	16:19	5:15	1	-	35	4:55	22.90	2:42:31	7:05	1	-	80	51:39	
Ilseburg/Markt	3.30	18:43	5:40	1	-	44	6:21	26.20	3:01:14	6:55	1	-	45	58:00	