



50. Brockenlauf

Ilseburg / 04.09.2021

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Pesteike, Lena

□□: Wedemark
 □□: 336

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:01:24

□□: 8.60 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 359 (of 467)

□□□□□/□: 46 (of 80)

□□□□□□: 2:03:14

□□□□□: 6(of 9)

□□□□□□□: 2:03:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:27	5:53	5	4:32	22	4:32	3.30	19:27	5:53	10	4:32	81	4:32	
Schlüsie	3.10	21:29	6:55	5	4:46	23	4:46	6.40	40:56	6:23	10	9:18	81	9:18	
Hermannsklippe	2.60	20:04	7:43	5	5:20	33	5:20	9.00	1:01:00	6:46	10	14:38	81	14:38	
Brocken	3.10	32:48	10:34	5	8:08	32	8:08	12.10	1:33:48	7:45	10	22:46	81	22:46	
Eiserner Handwe	3.60	25:46	7:09	8	11:16	67	11:16	15.70	1:59:34	7:36	10	34:02	81	34:02	
Schlüsie	4.10	24:31	5:58	8	10:35	68	10:35	19.80	2:24:05	7:16	10	44:37	81	44:37	
Loddenke	3.10	18:01	5:48	8	6:37	60	6:37	22.90	2:42:06	7:04	10	51:14	80	51:14	
Ilseburg/Markt	3.30	19:18	5:50	7	6:56	55	6:56	26.20	3:01:24	6:55	6	58:10	46	58:10	