



50. Brockenlauf

Ilseburg / 04.09.2021

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Besser, Liane

□□: Jessener Volksläufer
 □□: 60

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:09:41

□□: 8.22 km/h
 □□□□: 7:14 min/km

□□□□□/□□□: 397 (of 467)

□□□□□/□: 58 (of 80)

□□□□□□: 2:03:14

□□□□□: 7(of 11)

□□□□□□□: 2:16:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:19	7:03	9	5:12	70	8:24	3.30	23:19	7:03	12	5:12	81	8:24
Schlüsie	3.10	25:00	8:03	6	6:36	57	8:17	6.40	48:19	7:32	12	11:48	81	16:41
Hermannsklippe	2.60	21:58	8:26	4	5:49	47	7:14	9.00	1:10:17	7:48	12	17:37	81	23:55
Brocken	3.10	35:26	11:25	4	10:42	45	10:46	12.10	1:45:43	8:44	12	28:19	81	34:41
Eiserner Handwe	3.60	24:05	6:41	7	8:08	60	9:35	15.70	2:09:48	8:16	12	36:27	81	44:16
Schlüsie	4.10	22:04	5:22	6	6:34	54	8:08	19.80	2:31:52	7:40	12	43:01	81	52:24
Loddenke	3.10	18:02	5:49	8	4:52	61	6:38	22.90	2:49:54	7:25	12	47:53	80	59:02
Ilseburg/Markt	3.30	19:47	5:59	7	5:20	62	7:25	26.20	3:09:41	7:14	7	53:13	58	1:06:27