



50. Brockenlauf

Ilseburg / 04.09.2021

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Schäfers, Anette

□□: Lauftreff Wewer
 □□: 384

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W65 (65-69 Jahre)

□□□: 3:12:22

□□: 8.11 km/h
 □□□□: 7:20 min/km

□□□□□/□□□: 405 (of 467)

□□□□□/□: 61 (of 80)

□□□□□□: 2:03:14

□□□□□: 2(of 2)

□□□□□□□: 3:06:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:15	7:02	1	-	69	8:20	3.30	23:15	7:02	1	-	81	8:20
Schlüsie	3.10	26:35	8:34	2	0:31	69	9:52	6.40	49:50	7:47	1	-	81	18:12
Hermannsklippe	2.60	23:41	9:06	2	0:48	63	8:57	9.00	1:13:31	8:10	3	0:37	81	27:09
Brocken	3.10	38:05	12:17	2	3:31	66	13:25	12.10	1:51:36	9:13	3	4:08	81	40:34
Eiserner Handwe	3.60	22:06	6:08	1	-	50	7:36	15.70	2:13:42	8:30	3	3:58	81	48:10
Schlüsie	4.10	22:07	5:23	2	2:23	55	8:11	19.80	2:35:49	7:52	3	6:21	81	56:21
Loddenke	3.10	17:14	5:33	2	0:04	47	5:50	22.90	2:53:03	7:33	3	6:25	80	1:02:11
Ilseburg/Markt	3.30	19:19	5:51	1	-	56	6:57	26.20	3:12:22	7:20	2	6:06	61	1:09:08