



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Schmidt, Katrin

□□: Laufgruppe Lustig

□□: 403

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:13:15

□□: 8.07 km/h

□□□□: 7:23 min/km

□□□□□/□□□□: 414 (of 467)

□□□□□/□: 63 (of 80)

□□□□□□: 2:03:14

□□□□□: 4(of 8)

□□□□□□□: 2:26:04

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	6:44	6	3:58	58	7:19	3.30	22:14	6:44	9	3:58	81	7:19	
Schlüsie	3.10	26:38	8:35	6	7:13	71	9:55	6.40	48:52	7:38	9	11:11	81	17:14	
Hermannsklippe	2.60	24:42	9:30	6	7:31	74	9:58	9.00	1:13:34	8:10	9	18:42	81	27:12	
Brocken	3.10	38:54	12:32	5	11:35	69	14:14	12.10	1:52:28	9:17	9	30:17	81	41:26	
Eiserner Handwe	3.60	25:53	7:11	6	8:33	69	11:23	15.70	2:18:21	8:48	9	38:50	81	52:49	
Schlüsie	4.10	19:30	4:45	3	2:11	35	5:34	19.80	2:37:51	7:58	9	41:01	81	58:23	
Loddenke	3.10	16:40	5:22	3	2:36	40	5:16	22.90	2:54:31	7:37	9	43:37	80	1:03:39	
Ilseburg/Markt	3.30	18:44	5:40	4	3:34	45	6:22	26.20	3:13:15	7:22	4	47:11	63	1:10:01	