



50. Brockenlauf

Ilseburg / 04.09.2021

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Dr.Reich, Steffi

□□: BLAU WEISS Hettstedt
 □□: 103

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:15:19

□□: 7.99 km/h
 □□□□: 7:27 min/km

□□□□□/□□□: 420 (of 467)

□□□□□/□: 66 (of 80)

□□□□□□: 2:03:14

□□□□□: 8(of 11)

□□□□□□□: 2:16:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:42	6:52	7	4:35	63	7:47	3.30	22:42	6:52	12	4:35	81	7:47	
Schlüsie	3.10	26:08	8:25	8	7:44	62	9:25	6.40	48:50	7:37	12	12:19	81	17:12	
Hermannsklippe	2.60	23:27	9:01	8	7:18	61	8:43	9.00	1:12:17	8:01	12	19:37	81	25:55	
Brocken	3.10	36:45	11:51	7	12:01	56	12:05	12.10	1:49:02	9:00	12	31:38	81	38:00	
Eiserner Handwe	3.60	26:19	7:18	11	10:22	72	11:49	15.70	2:15:21	8:37	12	42:00	81	49:49	
Schlüsie	4.10	24:13	5:54	10	8:43	67	10:17	19.80	2:39:34	8:03	12	50:43	81	1:00:06	
Loddenke	3.10	17:35	5:40	6	4:25	53	6:11	22.90	2:57:09	7:44	12	55:08	80	1:06:17	
Ilseburg/Markt	3.30	18:10	5:30	5	3:43	39	5:48	26.20	3:15:19	7:27	8	58:51	66	1:12:05	