



# 50. Brockenlauf

Ilseburg / 04.09.2021

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**Buchmeier, Anja**

□□: LLG Springe

□□: 81

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:13:25

□□: 8.07 km/h

□□□□: 7:23 min/km

□□□□□/□□□: 415 (of 467)

□□□□□/□: 64 (of 80)

□□□□□□: 2:03:14

□□□□□: 5(of 8)

□□□□□□□: 2:26:04

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:45	6:35	3	3:29	51	6:50	3.30	21:45	6:35	9	3:29	81	6:50	
Schlüsie	3.10	24:04	7:45	3	4:39	48	7:21	6.40	45:49	7:09	9	8:08	81	14:11	
Hermannsklippe	2.60	22:28	8:38	4	5:17	53	7:44	9.00	1:08:17	7:35	9	13:25	81	21:55	
Brocken	3.10	40:57	13:12	7	13:38	76	16:17	12.10	1:49:14	9:01	9	27:03	81	38:12	
Eiserner Handwe	3.60	23:29	6:31	4	6:09	58	8:59	15.70	2:12:43	8:27	9	33:12	81	47:11	
Schlüsie	4.10	23:33	5:44	5	6:14	62	9:37	19.80	2:36:16	7:53	9	39:26	81	56:48	
Loddenke	3.10	17:52	5:45	5	3:48	56	6:28	22.90	2:54:08	7:36	9	43:14	80	1:03:16	
Ilseburg/Markt	3.30	19:17	5:50	5	4:07	54	6:55	26.20	3:13:25	7:22	5	47:21	64	1:10:11	