



50. Brockenlauf

Ilseburg / 04.09.2021

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Reich, Elke

□□: Burg

□□: 352

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:25:20

□□: 7.60 km/h

□□□□: 7:50 min/km

□□□□□/□□□: 444 (of 467)

□□□□□/□: 71 (of 80)

□□□□□□: 2:03:14

□□□□□: 13(of 14)

□□□□□□□: 2:24:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:13	6:43	10	3:14	57	7:18	3.30	22:13	6:43	15	3:14	81	7:18	
Schlüsie	3.10	26:33	8:33	12	7:12	67	9:50	6.40	48:46	7:37	15	10:26	81	17:08	
Hermannsklippe	2.60	23:47	9:08	10	7:21	65	9:03	9.00	1:12:33	8:03	15	17:47	81	26:11	
Brocken	3.10	37:23	12:03	9	10:54	61	12:43	12.10	1:49:56	9:05	15	28:41	81	38:54	
Eiserner Handwe	3.60	24:54	6:54	12	7:23	64	10:24	15.70	2:14:50	8:35	15	36:04	81	49:18	
Schlüsie	4.10	24:37	6:00	12	7:32	69	10:41	19.80	2:39:27	8:03	15	43:36	81	59:59	
Loddenke	3.10	20:19	6:33	12	6:38	72	8:55	22.90	2:59:46	7:51	14	50:14	80	1:08:54	
Ilseburg/Markt	3.30	25:34	7:44	12	10:33	78	13:12	26.20	3:25:20	7:50	13	1:00:47	71	1:22:06	