



50. Brockenlauf

Ilseburg / 04.09.2021

□□□□

Dominé, Ute

□□: Laufgruppe Lustig

□□: 101

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:25:21

□□: 7.60 km/h

□□□□: 7:50 min/km

□□□□□/□□□: 445 (of 467)

□□□□□/□: 72 (of 80)

□□□□□□: 2:03:14

□□□□□: 9(of 11)

□□□□□□□: 2:16:28

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:14	6:44	6	4:07	58	7:19	3.30	22:14	6:44	12	4:07	81	7:19
Schlüsie	3.10	26:37	8:35	9	8:13	70	9:54	6.40	48:51	7:37	12	12:20	81	17:13
Hermannsklippe	2.60	24:43	9:30	10	8:34	75	9:59	9.00	1:13:34	8:10	12	20:54	81	27:12
Brocken	3.10	38:55	12:33	10	14:11	70	14:15	12.10	1:52:29	9:17	12	35:05	81	41:27
Eiserner Handwe	3.60	25:58	7:12	10	10:01	71	11:28	15.70	2:18:27	8:49	12	45:06	81	52:55
Schlüsie	4.10	22:24	5:27	7	6:54	56	8:28	19.80	2:40:51	8:07	12	52:00	81	1:01:23
Loddenke	3.10	19:45	6:22	10	6:35	69	8:21	22.90	3:00:36	7:53	12	58:35	80	1:09:44
Ilseburg/Markt	3.30	24:45	7:30	11	10:18	76	12:23	26.20	3:25:21	7:50	9	1:08:53	72	1:22:07