



50. Brockenlauf

Ilseburg / 04.09.2021

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Lipps, Katja

□□: Die Eggesprinter

□□: 275

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:28:35

□□: 7.48 km/h

□□□□: 7:58 min/km

□□□□□/□□□: 450 (of 467)

□□□□□/□: 74 (of 80)

□□□□□□: 2:03:14

□□□□□: 7(of 8)

□□□□□□□: 2:26:04

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:57	7:15	7	5:41	72	9:02	3.30	23:57	7:15	9	5:41	81	9:02	
Schlüsie	3.10	27:35	8:53	7	8:10	77	10:52	6.40	51:32	8:03	9	13:51	81	19:54	
Hermannsklippe	2.60	25:49	9:55	7	8:38	77	11:05	9.00	1:17:21	8:35	9	22:29	81	30:59	
Brocken	3.10	39:13	12:39	6	11:54	72	14:33	12.10	1:56:34	9:38	9	34:23	81	45:32	
Eiserner Handwe	3.60	26:34	7:22	7	9:14	73	12:04	15.70	2:23:08	9:07	9	43:37	81	57:36	
Schlüsie	4.10	24:38	6:00	6	7:19	70	10:42	19.80	2:47:46	8:28	9	50:56	81	1:08:18	
Loddenke	3.10	19:37	6:19	6	5:33	68	8:13	22.90	3:07:23	8:10	9	56:29	80	1:16:31	
Ilseburg/Markt	3.30	21:12	6:25	6	6:02	68	8:50	26.20	3:28:35	7:57	7	1:02:31	74	1:25:21	