



50. Brockenlauf  
Ilseburg / 04.09.2021

□□□□

Schneider, Sabine

□□: Biermarathon Hachenburg

□□: 410

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:34:42

□□: 7.27 km/h

□□□□: 8:11 min/km

□□□□□/□□□□: 455 (of 467)

□□□□□/□: 76 (of 80)

□□□□□□: 2:03:14

□□□□□: 11(of 11)

□□□□□□□: 2:16:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:22	7:41	11	7:15	77	10:27	3.30	25:22	7:41	12	7:15	81	10:27	
Schlüsie	3.10	27:13	8:46	10	8:49	75	10:30	6.40	52:35	8:12	12	16:04	81	20:57	
Hermannsklippe	2.60	24:25	9:23	9	8:16	71	9:41	9.00	1:17:00	8:33	12	24:20	81	30:38	
Brocken	3.10	38:41	12:28	9	13:57	67	14:01	12.10	1:55:41	9:33	12	38:17	81	44:39	
Eiserner Handwe	3.60	25:54	7:11	9	9:57	70	11:24	15.70	2:21:35	9:01	12	48:14	81	56:03	
Schlüsie	4.10	27:28	6:41	11	11:58	76	13:32	19.80	2:49:03	8:32	12	1:00:12	81	1:09:35	
Loddenke	3.10	21:57	7:04	11	8:47	76	10:33	22.90	3:11:00	8:20	12	1:08:59	80	1:20:08	
Ilseburg/Markt	3.30	23:42	7:10	10	9:15	74	11:20	26.20	3:34:42	8:11	11	1:18:14	76	1:31:28	