



50. Brockenlauf

Ilseburg / 04.09.2021

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Witt, Michaela

□□: Giesen

□□: 501

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 4:02:36

□□: 6.43 km/h

□□□□: 9:16 min/km

□□□□□/□□□: 463 (of 467)

□□□□□/□: 79 (of 80)

□□□□□□: 2:03:14

□□□□□: 14(of 14)

□□□□□□□: 2:24:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:40	7:46	14	6:41	78	10:45	3.30	25:40	7:46	15	6:41	81	10:45
Schlüsie	3.10	29:17	9:26	14	9:56	78	12:34	6.40	54:57	8:35	15	16:37	81	23:19
Hermannsklippe	2.60	28:59	11:08	14	12:33	80	14:15	9.00	1:23:56	9:19	15	29:10	81	37:34
Brocken	3.10	45:58	14:49	14	19:29	78	21:18	12.10	2:09:54	10:44	15	48:39	81	58:52
Eiserner Handwe	3.60	29:18	8:08	14	11:47	79	14:48	15.70	2:39:12	10:08	15	1:00:26	81	1:13:40
Schlüsie	4.10	30:04	7:20	14	12:59	79	16:08	19.80	3:09:16	9:33	15	1:13:25	81	1:29:48
Loddenke	3.10	24:17	7:50	13	10:36	78	12:53	22.90	3:33:33	9:19	14	1:24:01	80	1:42:41
Ilseburg/Markt	3.30	29:03	8:48	13	14:02	79	16:41	26.20	4:02:36	9:15	14	1:38:03	79	1:59:22