



51. Brockenlauf

Ilseburg / 03.09.2022

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Braun, Daniela

□□: SC Magdeburg

□□: 459

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:37:41

□□: 9.89 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 174 (of 418)

□□□□□/□: 18 (of 82)

□□□□□□: 2:03:06

□□□□□: 5(of 15)

□□□□□□□: 2:23:24

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:55	6:02	5	3:15	23	5:02	3.30	19:55	6:02	5	3:15	23	5:02	
Schlüsie	3.10	21:40	6:59	6	2:48	25	5:21	6.40	41:35	6:29	5	6:03	24	10:23	
Hermannsklippe	2.60	19:20	7:26	6	2:33	26	4:55	9.00	1:00:55	6:46	5	8:36	23	15:18	
Brocken	3.10	30:28	9:49	3	3:02	19	7:38	12.10	1:31:23	7:33	5	11:38	21	22:56	
Eiserner Handwe	3.60	18:54	5:14	3	2:20	18	3:51	15.70	1:50:17	7:01	5	12:35	21	26:47	
Schlüsie	4.10	16:44	4:04	2	0:14	13	2:48	19.80	2:07:01	6:24	4	11:57	18	28:40	
Loddenke	3.10	14:24	4:38	3	0:42	12	2:40	22.90	2:21:25	6:10	4	12:39	13	28:22	
Ilseburg/Markt	3.30	16:16	4:55	4	1:38	15	3:12	26.20	2:37:41	6:01	5	14:17	18	34:35	