



51. Brockenlauf

Ilsenburg / 03.09.2022

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Heidenbluth, Anja

□□: KSV Baunatal
 □□: 158

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:38:40

□□: 9.83 km/h
 □□□□: 6:04 min/km

□□□□□/□□□: 178 (of 418)

□□□□□/□: 19 (of 82)

□□□□□□: 2:03:06

□□□□□: 1(of 8)

□□□□□□□: 2:38:40

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:26 | 6:29 | 3 | 2:14 | 40 | 6:33 | 3.30 | 21:26 | 6:29 | 3 | 2:14 | 40 | 6:33 |
| Schlüsie | 3.10 | 21:57 | 7:04 | 2 | 0:37 | 28 | 5:38 | 6.40 | 43:23 | 6:46 | 2 | 2:51 | 32 | 12:11 |
| Hermannsklippe | 2.60 | 18:18 | 7:02 | 1 | - | 13 | 3:53 | 9.00 | 1:01:41 | 6:51 | 2 | 0:46 | 28 | 16:04 |
| Brocken | 3.10 | 28:26 | 9:10 | 1 | - | 10 | 5:36 | 12.10 | 1:30:07 | 7:26 | 1 | - | 18 | 21:40 |
| Eiserner Handwe | 3.60 | 19:07 | 5:18 | 1 | - | 20 | 4:04 | 15.70 | 1:49:14 | 6:57 | 1 | - | 20 | 25:44 |
| Schlüsie | 4.10 | 18:23 | 4:29 | 1 | - | 22 | 4:27 | 19.80 | 2:07:37 | 6:26 | 1 | - | 21 | 29:16 |
| Loddenke | 3.10 | 14:54 | 4:48 | 1 | - | 16 | 3:10 | 22.90 | 2:22:31 | 6:13 | 1 | - | 15 | 29:28 |
| Ilsenburg/Markt | 3.30 | 16:09 | 4:53 | 1 | - | 13 | 3:05 | 26.20 | 2:38:40 | 6:03 | 1 | - | 19 | 35:34 |