



51. Brockenlauf

Ilseburg / 03.09.2022

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Schäfer-Schander, Nadja

□□: Kassel
 □□: 4

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:39:24

□□: 9.79 km/h
 □□□□: 6:05 min/km

□□□□□/□□□: 180 (of 418)

□□□□□/□: 20 (of 82)

□□□□□□: 2:03:06

□□□□□: 7(of 16)

□□□□□□□: 2:13:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:29	5:36	4	1:45	14	3:36	3.30	18:29	5:36	4	1:45	14	3:36
Schlüsie	3.10	22:08	7:08	8	3:45	29	5:49	6.40	40:37	6:20	6	5:05	21	9:25
Hermannsklippe	2.60	20:13	7:46	9	4:07	32	5:48	9.00	1:00:50	6:45	7	9:12	22	15:13
Brocken	3.10	33:07	10:40	9	7:21	34	10:17	12.10	1:33:57	7:45	8	16:27	29	25:30
Eiserner Handwe	3.60	17:58	4:59	5	2:39	13	2:55	15.70	1:51:55	7:07	7	19:06	23	28:25
Schlüsie	4.10	16:34	4:02	6	2:29	12	2:38	19.80	2:08:29	6:29	7	21:35	22	30:08
Loddenke	3.10	14:24	4:38	4	0:57	12	2:40	22.90	2:22:53	6:14	4	10:24	16	29:50
Ilseburg/Markt	3.30	16:31	5:00	4	1:24	18	3:27	26.20	2:39:24	6:05	7	25:54	20	36:18