



51. Brockenlauf

Ilseburg / 03.09.2022

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Dr. Röhrig-Dietrich, Carolin

□□: Witzhausen
 □□: 105

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:39:34

□□: 9.78 km/h
 □□□□: 6:05 min/km

□□□□□/□□□: 182 (of 418)

□□□□□/□: 21 (of 82)

□□□□□□: 2:03:06

□□□□□: 5(of 10)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:28	5:35	4	3:35	13	3:35	3.30	18:28	5:35	4	3:35	13	3:35	
Schlüsie	3.10	21:00	6:46	4	4:41	16	4:41	6.40	39:28	6:10	5	8:16	15	8:16	
Hermannsklippe	2.60	18:18	7:02	3	3:53	13	3:53	9.00	57:46	6:25	5	12:09	16	12:09	
Brocken	3.10	30:09	9:43	5	7:19	18	7:19	12.10	1:27:55	7:15	5	19:28	14	19:28	
Eiserner Handwe	3.60	19:55	5:31	5	4:52	29	4:52	15.70	1:47:50	6:52	5	24:20	15	24:20	
Schlüsie	4.10	19:44	4:48	6	4:53	37	5:48	19.80	2:07:34	6:26	5	29:13	20	29:13	
Loddenke	3.10	15:53	5:07	5	2:25	27	4:09	22.90	2:23:27	6:15	4	12:37	17	30:24	
Ilseburg/Markt	3.30	16:07	4:53	4	1:39	12	3:03	26.20	2:39:34	6:05	5	36:28	21	36:28	