



51. Brockenlauf

Ilseburg / 03.09.2022

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Dickehut, Nancy

□□: Brockenlaufverein
 □□: 89

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:43:47

□□: 9.52 km/h
 □□□□: 6:15 min/km

□□□□□/□□□: 208 (of 418)

□□□□□/□: 24 (of 82)

□□□□□□: 2:03:06

□□□□□: 8(of 16)

□□□□□□□: 2:13:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:29	5:54	7	2:45	20	4:36	3.30	19:29	5:54	7	2:45	20	4:36	
Schlüsie	3.10	21:15	6:51	6	2:52	19	4:56	6.40	40:44	6:21	7	5:12	22	9:32	
Hermannsklippe	2.60	19:10	7:22	7	3:04	22	4:45	9.00	59:54	6:39	6	8:16	19	14:17	
Brocken	3.10	32:45	10:33	8	6:59	30	9:55	12.10	1:32:39	7:39	7	15:09	26	24:12	
Eiserner Handwe	3.60	19:18	5:21	9	3:59	22	4:15	15.70	1:51:57	7:07	8	19:08	24	28:27	
Schlüsie	4.10	19:20	4:42	9	5:15	32	5:24	19.80	2:11:17	6:37	8	24:23	23	32:56	
Loddenke	3.10	15:21	4:57	5	1:54	18	3:37	22.90	2:26:38	6:24	5	14:09	18	33:35	
Ilseburg/Markt	3.30	17:09	5:11	5	2:02	21	4:05	26.20	2:43:47	6:15	8	30:17	24	40:41	