



51. Brockenlauf

Ilseburg / 03.09.2022

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Homann, Sandra

□□: Gaensefurther Sportbewegung
 □□: 474

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:47:43

□□: 9.30 km/h
 □□□□: 6:24 min/km

□□□□□/□□□: 241 (of 418)

□□□□□/□: 33 (of 82)

□□□□□□: 2:03:06

□□□□□: 8(of 15)

□□□□□□□: 2:23:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:28	6:30	10	4:48	41	6:35	3.30	21:28	6:30	10	4:48	41	6:35
Schlüsie	3.10	22:47	7:20	8	3:55	34	6:28	6.40	44:15	6:54	8	8:43	35	13:03
Hermannsklippe	2.60	19:37	7:32	8	2:50	28	5:12	9.00	1:03:52	7:05	8	11:33	34	18:15
Brocken	3.10	32:46	10:34	8	5:20	31	9:56	12.10	1:36:38	7:59	8	16:53	34	28:11
Eiserner Handwe	3.60	20:39	5:44	9	4:05	41	5:36	15.70	1:57:17	7:28	8	19:35	34	33:47
Schlüsie	4.10	17:41	4:18	4	1:11	19	3:45	19.80	2:14:58	6:48	8	19:54	32	36:37
Loddenke	3.10	15:38	5:02	5	1:56	24	3:54	22.90	2:30:36	6:34	6	21:50	26	37:33
Ilseburg/Markt	3.30	17:07	5:11	5	2:29	20	4:03	26.20	2:47:43	6:24	8	24:19	33	44:37