



51. Brockenlauf

Ilseburg / 03.09.2022

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Pfaff, Ludmilla

□□: WeRun4Fun e.V.
 □□: 305

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:49:38

□□: 9.20 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 258 (of 418)

□□□□□/□: 36 (of 82)

□□□□□□: 2:03:06

□□□□□: 6(of 10)

□□□□□□□: 2:03:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:18	6:09	6	5:25	26	5:25	3.30	20:18	6:09	6	5:25	26	5:25	
Schlüsie	3.10	22:32	7:16	5	6:13	32	6:13	6.40	42:50	6:41	6	11:38	29	11:38	
Hermannsklippe	2.60	20:34	7:54	6	6:09	37	6:09	9.00	1:03:24	7:02	6	17:47	32	17:47	
Brocken	3.10	34:29	11:07	8	11:39	40	11:39	12.10	1:37:53	8:05	6	29:26	35	29:26	
Eiserner Handwe	3.60	19:57	5:32	7	4:54	31	4:54	15.70	1:57:50	7:30	6	34:20	35	34:20	
Schlüsie	4.10	18:40	4:33	5	3:49	24	4:44	19.80	2:16:30	6:53	6	38:09	36	38:09	
Loddenke	3.10	15:43	5:04	4	2:15	25	3:59	22.90	2:32:13	6:38	5	21:23	29	39:10	
Ilseburg/Markt	3.30	17:25	5:16	5	2:57	26	4:21	26.20	2:49:38	6:28	6	46:32	36	46:32	