



51. Brockenlauf

Ilseburg / 03.09.2022

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Klute, Birgit

□□: Detmold
 □□: 214

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:51:52

□□: 9.15 km/h
 □□□□: 6:34 min/km

□□□□□/□□□: 268 (of 418)

□□□□□/□: 37 (of 82)

□□□□□□: 2:03:06

□□□□□: 5(of 12)

□□□□□□□: 2:43:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:26	6:47	8	3:19	57	7:33	3.30	22:26	6:47	8	3:19	57	7:33
Schlüsie	3.10	23:27	7:33	6	2:21	40	7:08	6.40	45:53	7:10	8	5:29	49	14:41
Hermannsklippe	2.60	20:36	7:55	6	1:55	38	6:11	9.00	1:06:29	7:23	5	6:15	40	20:52
Brocken	3.10	35:00	11:17	8	4:07	42	12:10	12.10	1:41:29	8:23	7	10:05	40	33:02
Eiserner Handwe	3.60	19:05	5:18	1	-	19	4:02	15.70	2:00:34	7:40	5	8:49	37	37:04
Schlüsie	4.10	18:23	4:29	2	0:47	22	4:27	19.80	2:18:57	7:01	5	7:15	37	40:36
Loddenke	3.10	15:34	5:01	4	0:56	22	3:50	22.90	2:34:31	6:44	5	7:23	30	41:28
Ilseburg/Markt	3.30	17:21	5:15	3	1:03	23	4:17	26.20	2:51:52	6:33	5	8:26	37	48:46