



51. Brockenlauf

Ilseburg / 03.09.2022

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Helde, Laura

□□: Team beveget.de

□□: 166

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:55:41

□□: 8.88 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 290 (of 418)

□□□□□/□: 39 (of 82)

□□□□□□: 2:03:06

□□□□□: 7(of 10)

□□□□□□□: 2:03:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:11	7:01	8	8:18	63	8:18	3.30	23:11	7:01	8	8:18	63	8:18	
Schlüsie	3.10	24:04	7:45	6	7:45	49	7:45	6.40	47:15	7:22	8	16:03	55	16:03	
Hermannsklippe	2.60	20:48	8:00	7	6:23	39	6:23	9.00	1:08:03	7:33	7	22:26	51	22:26	
Brocken	3.10	32:57	10:37	6	10:07	32	10:07	12.10	1:41:00	8:20	7	32:33	38	32:33	
Eiserner Handwe	3.60	19:55	5:31	5	4:52	29	4:52	15.70	2:00:55	7:42	7	37:25	38	37:25	
Schlüsie	4.10	20:06	4:54	7	5:15	41	6:10	19.80	2:21:01	7:07	7	42:40	39	42:40	
Loddenke	3.10	16:24	5:17	6	2:56	34	4:40	22.90	2:37:25	6:52	6	26:35	32	44:22	
Ilseburg/Markt	3.30	18:16	5:32	7	3:48	36	5:12	26.20	2:55:41	6:42	7	52:35	39	52:35	