



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Löhe-Husemann, Kirsten

□□: LT-Lieth Paderborn
 □□: 255

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:00:21

□□: 8.65 km/h
 □□□□: 6:53 min/km

□□□□□/□□□: 312 (of 418)

□□□□□/□: 45 (of 82)

□□□□□□: 2:03:06

□□□□□: 3(of 8)

□□□□□□□: 2:38:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:12	6:07	2	1:00	25	5:19	3.30	20:12	6:07	2	1:00	25	5:19
Schlüsie	3.10	23:25	7:33	3	2:05	38	7:06	6.40	43:37	6:48	3	3:05	34	12:25
Hermannsklippe	2.60	22:13	8:32	4	3:55	51	7:48	9.00	1:05:50	7:18	3	4:55	37	20:13
Brocken	3.10	38:03	12:16	4	9:37	59	15:13	12.10	1:43:53	8:35	4	13:46	49	35:26
Eiserner Handwe	3.60	20:40	5:44	4	1:33	42	5:37	15.70	2:04:33	7:55	3	15:19	44	41:03
Schlüsie	4.10	20:18	4:57	5	1:55	45	6:22	19.80	2:24:51	7:18	3	17:14	44	46:30
Loddenke	3.10	16:35	5:20	3	1:41	37	4:51	22.90	2:41:26	7:02	2	18:55	37	48:23
Ilseburg/Markt	3.30	18:55	5:43	5	2:46	43	5:51	26.20	3:00:21	6:53	3	21:41	45	57:15