



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

Abraham, Rabia

□□: LT-TVU-Uelzen

□□: 33

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:02:10

□□: 8.56 km/h

□□□□: 6:57 min/km

□□□□□/□□□: 318 (of 418)

□□□□□/□: 47 (of 82)

□□□□□□: 2:03:06

□□□□□: 12(of 16)

□□□□□□□: 2:13:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:25	6:29	11	4:41	39	6:32	3.30	21:25	6:29	11	4:41	39	6:32	
Schlüsie	3.10	23:54	7:42	12	5:31	45	7:35	6.40	45:19	7:04	11	9:47	42	14:07	
Hermannsklippe	2.60	21:47	8:22	13	5:41	46	7:22	9.00	1:07:06	7:27	12	15:28	44	21:29	
Brocken	3.10	35:02	11:18	10	9:16	44	12:12	12.10	1:42:08	8:26	10	24:38	43	33:41	
Eiserner Handwe	3.60	21:57	6:05	12	6:38	52	6:54	15.70	2:04:05	7:54	10	31:16	43	40:35	
Schlüsie	4.10	21:23	5:12	13	7:18	54	7:27	19.80	2:25:28	7:20	11	38:34	46	47:07	
Loddenke	3.10	17:28	5:38	10	4:01	46	5:44	22.90	2:42:56	7:06	9	30:27	41	49:53	
Ilseburg/Markt	3.30	19:14	5:49	11	4:07	46	6:10	26.20	3:02:10	6:57	12	48:40	47	59:04	