



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Joswig, Marion**

□□: LT-TVU Uelzen

□□: 196

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:07:15

□□: 8.33 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 342 (of 418)

□□□□□/□: 54 (of 82)

□□□□□□: 2:03:06

□□□□□: 5(of 8)

□□□□□□□: 2:38:40

□□□□

□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke        | 3.30     | 22:17    | 6:45         | 5       | 3:05    | 52      | 7:24    | 3.30  | 22:17     | 6:45      | 5             | 3:05    | 52      | 7:24    |         |
| Schlüsie        | 3.10     | 24:46    | 7:59         | 4       | 3:26    | 52      | 8:27    | 6.40  | 47:03     | 7:21      | 4             | 6:31    | 52      | 15:51   |         |
| Hermannsklippe  | 2.60     | 22:05    | 8:29         | 3       | 3:47    | 50      | 7:40    | 9.00  | 1:09:08   | 7:40      | 4             | 8:13    | 53      | 23:31   |         |
| Brocken         | 3.10     | 34:20    | 11:04        | 3       | 5:54    | 39      | 11:30   | 12.10 | 1:43:28   | 8:33      | 3             | 13:21   | 46      | 35:01   |         |
| Eiserner Handwe | 3.60     | 24:03    | 6:40         | 8       | 4:56    | 64      | 9:00    | 15.70 | 2:07:31   | 8:07      | 4             | 18:17   | 52      | 44:01   |         |
| Schlüsie        | 4.10     | 22:29    | 5:29         | 8       | 4:06    | 60      | 8:33    | 19.80 | 2:30:00   | 7:34      | 5             | 22:23   | 54      | 51:39   |         |
| Loddenke        | 3.10     | 17:22    | 5:36         | 5       | 2:28    | 44      | 5:38    | 22.90 | 2:47:22   | 7:18      | 4             | 24:51   | 47      | 54:19   |         |
| Ilseburg/Markt  | 3.30     | 19:53    | 6:01         | 6       | 3:44    | 51      | 6:49    | 26.20 | 3:07:15   | 7:08      | 5             | 28:35   | 54      | 1:04:09 |         |