



51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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