



51. Brockenlauf

Ilseburg / 03.09.2022

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Gauert, Nasira

□□: Wolfsburg

□□: 131

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:09:16

□□: 8.24 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 347 (of 418)

□□□□□/□: 55 (of 82)

□□□□□□: 2:03:06

□□□□□: 6(of 8)

□□□□□□□: 2:38:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:24	7:05	7	4:12	66	8:31	3.30	23:24	7:05	7	4:12	66	8:31
Schlüsie	3.10	26:37	8:35	7	5:17	65	10:18	6.40	50:01	7:48	7	9:29	67	18:49
Hermannsklippe	2.60	25:25	9:46	8	7:07	73	11:00	9.00	1:15:26	8:22	8	14:31	72	29:49
Brocken	3.10	39:18	12:40	7	10:52	68	16:28	12.10	1:54:44	9:28	7	24:37	68	46:17
Eiserner Handwe	3.60	21:39	6:00	5	2:32	47	6:36	15.70	2:16:23	8:41	7	27:09	66	52:53
Schlüsie	4.10	18:59	4:37	2	0:36	25	5:03	19.80	2:35:22	7:50	6	27:45	61	57:01
Loddenke	3.10	15:59	5:09	2	1:05	29	4:15	22.90	2:51:21	7:28	5	28:50	50	58:18
Ilseburg/Markt	3.30	17:55	5:25	2	1:46	33	4:51	26.20	3:09:16	7:13	6	30:36	55	1:06:10