



51. Brockenlauf

Ilseburg / 03.09.2022

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Rosenbaum, Birgit

□□: LSG Kassel
 □□: 338

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:09:40

□□: 8.29 km/h
 □□□□: 7:14 min/km

□□□□□/□□□□: 348 (of 418)

□□□□□/□: 56 (of 82)

□□□□□□: 2:03:06

□□□□□: 1(of 4)

□□□□□□□: 3:09:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:33	6:13	1	-	28	5:40	3.30	20:33	6:13	1	-	28	5:40	
Schlüsie	3.10	27:30	8:52	2	1:30	71	11:11	6.40	48:03	7:30	1	-	57	16:51	
Hermannsklippe	2.60	23:36	9:04	2	0:03	60	9:11	9.00	1:11:39	7:57	1	-	58	26:02	
Brocken	3.10	36:00	11:36	1	-	49	13:10	12.10	1:47:39	8:53	1	-	56	39:12	
Eiserner Handwe	3.60	22:25	6:13	1	-	56	7:22	15.70	2:10:04	8:17	1	-	56	46:34	
Schlüsie	4.10	19:37	4:47	1	-	35	5:41	19.80	2:29:41	7:33	1	-	53	51:20	
Loddenke	3.10	17:01	5:29	1	-	40	5:17	22.90	2:46:42	7:16	1	-	43	53:39	
Ilseburg/Markt	3.30	22:58	6:57	2	3:13	65	9:54	26.20	3:09:40	7:14	1	-	56	1:06:34	