



51. Brockenlauf

Ilseburg / 03.09.2022

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Schlottag, Nicole

□□: Gaensefurther Sportbewegung
 □□: 359

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:10:15

□□: 8.20 km/h
 □□□□: 7:16 min/km

□□□□□/□□□: 350 (of 418)

□□□□□/□: 58 (of 82)

□□□□□□: 2:03:06

□□□□□: 10(of 15)

□□□□□□□: 2:23:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:28	6:30	10	4:48	41	6:35	3.30	21:28	6:30	10	4:48	41	6:35
Schlüsie	3.10	25:37	8:15	11	6:45	57	9:18	6.40	47:05	7:21	11	11:33	53	15:53
Hermannsklippe	2.60	23:27	9:01	11	6:40	56	9:02	9.00	1:10:32	7:50	11	18:13	54	24:55
Brocken	3.10	38:24	12:23	11	10:58	62	15:34	12.10	1:48:56	9:00	11	29:11	58	40:29
Eiserner Handwe	3.60	21:54	6:04	10	5:20	49	6:51	15.70	2:10:50	8:20	11	33:08	57	47:20
Schlüsie	4.10	20:54	5:05	10	4:24	50	6:58	19.80	2:31:44	7:39	10	36:40	56	53:23
Loddenke	3.10	18:00	5:48	8	4:18	52	6:16	22.90	2:49:44	7:24	8	40:58	48	56:41
Ilseburg/Markt	3.30	20:31	6:13	9	5:53	57	7:27	26.20	3:10:15	7:15	10	46:51	58	1:07:09