



# 51. Brockenlauf

Ilseburg / 03.09.2022

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Lyashenko, Daria

□□: Endurance School  
 □□: 258

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Frauen (20-29 Jahre)

□□□: 3:10:58

□□: 8.17 km/h  
 □□□□: 7:17 min/km

□□□□□/□□□: 353 (of 418)

□□□□□/□: 59 (of 82)

□□□□□□: 2:03:06

□□□□□: 7(of 8)

□□□□□□□: 2:06:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:53	7:14	8	9:00	72	9:00	3.30	23:53	7:14	8	9:00	72	9:00	
Schlüsie	3.10	26:19	8:29	7	9:04	60	10:00	6.40	50:12	7:50	8	18:04	68	19:00	
Hermannsklippe	2.60	23:54	9:11	7	8:49	62	9:29	9.00	1:14:06	8:13	7	26:53	64	28:29	
Brocken	3.10	35:39	11:30	6	10:49	48	12:49	12.10	1:49:45	9:04	7	37:42	59	41:18	
Eiserner Handwe	3.60	23:57	6:39	8	8:53	62	8:54	15.70	2:13:42	8:30	7	46:32	60	50:12	
Schlüsie	4.10	21:19	5:11	5	7:23	53	7:23	19.80	2:35:01	7:49	7	53:42	60	56:40	
Loddenke	3.10	17:29	5:38	5	5:45	47	5:45	22.90	2:52:30	7:31	7	59:27	52	59:27	
Ilseburg/Markt	3.30	18:28	5:35	5	5:24	38	5:24	26.20	3:10:58	7:17	7	1:04:51	59	1:07:52	