



51. Brockenlauf

Ilseburg / 03.09.2022

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Soyk, Dagmar

□□: Lauffeuer Buntekuh Lübeck
 □□: 386

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:16:53

□□: 7.98 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 374 (of 418)

□□□□□/□: 64 (of 82)

□□□□□□: 2:03:06

□□□□□: 2(of 4)

□□□□□□□: 3:09:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:13	7:02	2	2:40	64	8:20	3.30	23:13	7:02	2	2:40	64	8:20	
Schlüsie	3.10	26:00	8:23	1	-	59	9:41	6.40	49:13	7:41	2	1:10	62	18:01	
Hermannsklippe	2.60	23:33	9:03	1	-	59	9:08	9.00	1:12:46	8:05	2	1:07	60	27:09	
Brocken	3.10	38:31	12:25	2	2:31	63	15:41	12.10	1:51:17	9:11	2	3:38	63	42:50	
Eiserner Handwe	3.60	24:36	6:50	2	2:11	67	9:33	15.70	2:15:53	8:39	2	5:49	64	52:23	
Schlüsie	4.10	23:37	5:45	2	4:00	68	9:41	19.80	2:39:30	8:03	2	9:49	66	1:01:09	
Loddenke	3.10	17:38	5:41	2	0:37	50	5:54	22.90	2:57:08	7:44	2	10:26	58	1:04:05	
Ilseburg/Markt	3.30	19:45	5:59	1	-	50	6:41	26.20	3:16:53	7:30	2	7:13	64	1:13:47	