



# 51. Brockenlauf

Ilseburg / 03.09.2022

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**Strauss, Katy**

□□: BRC Ilseburg  
 □□: 400

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:27:12

□□: 7.53 km/h  
 □□□□: 7:55 min/km

□□□□□/□□□: 389 (of 418)

□□□□□/□: 70 (of 82)

□□□□□□: 2:03:06

□□□□□: 13(of 15)

□□□□□□□: 2:23:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:29	6:48	12	5:49	58	7:36	3.30	22:29	6:48	12	5:49	58	7:36
Schlüsie	3.10	27:05	8:44	14	8:13	69	10:46	6.40	49:34	7:44	12	14:02	65	18:22
Hermannsklippe	2.60	25:35	9:50	15	8:48	75	11:10	9.00	1:15:09	8:21	13	22:50	69	29:32
Brocken	3.10	39:53	12:51	13	12:27	70	17:03	12.10	1:55:02	9:30	13	35:17	69	46:35
Eiserner Handwe	3.60	26:53	7:28	14	10:19	74	11:50	15.70	2:21:55	9:02	14	44:13	72	58:25
Schlüsie	4.10	24:39	6:00	13	8:09	70	10:43	19.80	2:46:34	8:24	14	51:30	71	1:08:13
Loddenke	3.10	19:23	6:15	11	5:41	62	7:39	22.90	3:05:57	8:07	12	57:11	63	1:12:54
Ilseburg/Markt	3.30	21:15	6:26	10	6:37	61	8:11	26.20	3:27:12	7:54	13	1:03:48	70	1:24:06