



# 51. Brockenlauf

Ilseburg / 03.09.2022

□□□□

**Gemm, Sarah**

□□: Hann.Münden  
 □□: 134

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:27:17

□□: 7.58 km/h  
 □□□□: 7:55 min/km

□□□□□/□□□: 391 (of 418)

□□□□□/□: 71 (of 82)

□□□□□□: 2:03:06

□□□□□: 4(of 5)

□□□□□□□: 2:13:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:02	7:16	5	8:08	74	9:09	3.30	24:02	7:16	5	8:08	74	9:09
Schlüsie	3.10	27:46	8:57	5	10:37	73	11:27	6.40	51:48	8:05	5	18:45	73	20:36
Hermannsklippe	2.60	25:18	9:43	5	10:04	71	10:53	9.00	1:17:06	8:33	5	28:49	73	31:29
Brocken	3.10	38:41	12:28	4	15:13	64	15:51	12.10	1:55:47	9:34	5	44:02	70	47:20
Eiserner Handwe	3.60	26:35	7:23	5	10:03	72	11:32	15.70	2:22:22	9:04	5	54:05	73	58:52
Schlüsie	4.10	24:51	6:03	4	8:02	72	10:55	19.80	2:47:13	8:26	5	1:02:07	73	1:08:52
Loddenke	3.10	19:03	6:08	4	5:18	59	7:19	22.90	3:06:16	8:08	4	1:07:25	64	1:13:13
Ilseburg/Markt	3.30	21:01	6:22	5	6:26	60	7:57	26.20	3:27:17	7:54	4	1:13:51	71	1:24:11