



51. Brockenlauf

Ilseburg / 03.09.2022

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Grambart, Sandra

□□: Bad Zwischenahn
 □□: 143

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:28:21

□□: 7.49 km/h
 □□□□: 7:57 min/km

□□□□□/□□□: 393 (of 418)

□□□□□/□: 72 (of 82)

□□□□□□: 2:03:06

□□□□□: 14(of 15)

□□□□□□□: 2:23:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:47	7:12	14	7:07	70	8:54	3.30	23:47	7:12	14	7:07	70	8:54
Schlüsie	3.10	26:33	8:33	12	7:41	64	10:14	6.40	50:20	7:51	14	14:48	72	19:08
Hermannsklippe	2.60	25:03	9:38	13	8:16	68	10:38	9.00	1:15:23	8:22	14	23:04	71	29:46
Brocken	3.10	38:53	12:32	12	11:27	66	16:03	12.10	1:54:16	9:26	12	34:31	67	45:49
Eiserner Handwe	3.60	25:13	7:00	12	8:39	69	10:10	15.70	2:19:29	8:53	12	41:47	68	55:59
Schlüsie	4.10	24:50	6:03	14	8:20	71	10:54	19.80	2:44:19	8:17	13	49:15	70	1:05:58
Loddenke	3.10	20:58	6:45	12	7:16	66	9:14	22.90	3:05:17	8:05	11	56:31	62	1:12:14
Ilseburg/Markt	3.30	23:04	6:59	12	8:26	66	10:00	26.20	3:28:21	7:57	14	1:04:57	72	1:25:15