



51. Brockenlauf

Ilseburg / 03.09.2022

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Layher, Sandra

□□: SC Kirchhalde

□□: 245

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 3:43:41

□□: 7.03 km/h

□□□□: 8:32 min/km

□□□□□/□□□: 404 (of 418)

□□□□□/□: 75 (of 82)

□□□□□□: 2:03:06

□□□□□: 12(of 12)

□□□□□□□: 2:43:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	26:23	7:59	12	7:16	79	11:30	3.30	26:23	7:59	12	7:16	79	11:30	
Schlüsie	3.10	29:31	9:31	12	8:25	78	13:12	6.40	55:54	8:44	12	15:30	80	24:42	
Hermannsklippe	2.60	25:34	9:49	11	6:53	74	11:09	9.00	1:21:28	9:03	12	21:14	80	35:51	
Brocken	3.10	43:02	13:52	11	12:09	75	20:12	12.10	2:04:30	10:17	12	33:06	77	56:03	
Eiserner Handwe	3.60	28:32	7:55	11	9:27	76	13:29	15.70	2:33:02	9:44	11	41:17	74	1:09:32	
Schlüsie	4.10	24:57	6:05	12	7:21	73	11:01	19.80	2:57:59	8:59	12	46:17	75	1:19:38	
Loddenke	3.10	21:09	6:49	11	6:31	67	9:25	22.90	3:19:08	8:41	11	52:00	67	1:26:05	
Ilseburg/Markt	3.30	24:33	7:26	11	8:15	69	11:29	26.20	3:43:41	8:32	12	1:00:15	75	1:40:35	