



51. Brockenlauf

Ilseburg / 03.09.2022

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Preußner, Gisela

□□: lustvolllaufenlernen
 □□: 311

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W65 (65-69 Jahre)

□□□: 3:49:17

□□: 6.80 km/h
 □□□□: 8:45 min/km

□□□□□/□□□: 406 (of 418)

□□□□□/□: 77 (of 82)

□□□□□□: 2:03:06

□□□□□: 1(of 1)

□□□□□□□: 3:49:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:00	7:16	1	-	73	9:07	3.30	24:00	7:16	1	-	73	9:07	
Schlüsie	3.10	29:34	9:32	1	-	79	13:15	6.40	53:34	8:22	1	-	75	22:22	
Hermannsklippe	2.60	27:49	10:41	1	-	81	13:24	9.00	1:21:23	9:02	1	-	78	35:46	
Brocken	3.10	48:39	15:41	1	-	80	25:49	12.10	2:10:02	10:44	1	-	80	1:01:35	
Eiserner Handwe	3.60	26:52	7:27	1	-	73	11:49	15.70	2:36:54	9:59	1	-	80	1:13:24	
Schlüsie	4.10	28:57	7:03	1	-	79	15:01	19.80	3:05:51	9:23	1	-	80	1:27:30	
Loddenke	3.10	21:21	6:53	1	-	68	9:37	22.90	3:27:12	9:02	1	-	70	1:34:09	
Ilseburg/Markt	3.30	22:05	6:41	1	-	63	9:01	26.20	3:49:17	8:45	1	-	77	1:46:11	