



51. Brockenlauf

Ilseburg / 03.09.2022

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Rischow, Sabine

□□: Team ERDINGER alkoholfrei
 □□: 334

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:54:13

□□: 6.71 km/h
 □□□□: 8:56 min/km

□□□□□/□□□: 408 (of 418)

□□□□□/□: 79 (of 82)

□□□□□□: 2:03:06

□□□□□: 4(of 4)

□□□□□□□: 3:09:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	26:44	8:06	4	6:11	81	11:51	3.30	26:44	8:06	4	6:11	81	11:51
Schlüsie	3.10	28:15	9:06	3	2:15	74	11:56	6.40	54:59	8:35	3	6:56	79	23:47
Hermannsklippe	2.60	25:13	9:41	3	1:40	70	10:48	9.00	1:20:12	8:54	3	8:33	76	34:35
Brocken	3.10	41:24	13:21	3	5:24	73	18:34	12.10	2:01:36	10:02	3	13:57	74	53:09
Eiserner Handwe	3.60	32:00	8:53	4	9:35	81	16:57	15.70	2:33:36	9:47	3	23:32	77	1:10:06
Schlüsie	4.10	29:04	7:05	4	9:27	80	15:08	19.80	3:02:40	9:13	4	32:59	78	1:24:19
Loddenke	3.10	23:37	7:37	3	6:36	71	11:53	22.90	3:26:17	9:00	3	39:35	69	1:33:14
Ilseburg/Markt	3.30	27:56	8:27	3	8:11	76	14:52	26.20	3:54:13	8:56	4	44:33	79	1:51:07