



51. Brockenlauf

Ilseburg / 03.09.2022

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Specht, Sylvana

□□: Brandenburg

□□: 387

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:54:21

□□: 6.66 km/h

□□□□: 8:56 min/km

□□□□□/□□□: 409 (of 418)

□□□□□/□: 80 (of 82)

□□□□□□: 2:03:06

□□□□□: 16(of 16)

□□□□□□□: 2:13:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:15	7:39	16	8:31	78	10:22	3.30	25:15	7:39	16	8:31	78	10:22	
Schlüsie	3.10	29:10	9:24	16	10:47	75	12:51	6.40	54:25	8:30	16	18:53	78	23:13	
Hermannsklippe	2.60	26:58	10:22	16	10:52	78	12:33	9.00	1:21:23	9:02	16	29:45	78	35:46	
Brocken	3.10	49:17	15:53	16	23:31	81	26:27	12.10	2:10:40	10:47	16	53:10	81	1:02:13	
Eiserner Handwe	3.60	28:43	7:58	16	13:24	77	13:40	15.70	2:39:23	10:09	16	1:06:34	81	1:15:53	
Schlüsie	4.10	26:39	6:30	16	12:34	76	12:43	19.80	3:06:02	9:23	16	1:19:08	81	1:27:41	
Loddenke	3.10	23:06	7:27	13	9:39	70	11:22	22.90	3:29:08	9:07	13	1:16:39	71	1:36:05	
Ilseburg/Markt	3.30	25:13	7:38	13	10:06	71	12:09	26.20	3:54:21	8:56	16	1:40:51	80	1:51:15	