



52. Brockenlauf

Ilseburg / 02.09.2023

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Jaeger, Sabrina

□□: Maschsee-Sharks Hannover
 □□: 192

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:13:55

□□: 11.65 km/h
 □□□□: 5:07 min/km

□□□□□/□□□□: 54 (of 537)

□□□□□/□: 6 (of 97)

□□□□□□: 2:02:52

□□□□□: 1(of 12)

□□□□□□□: 2:13:55

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 16:32 | 5:00 | 1 | - | 6 | 1:33 | 3.30 | 16:32 | 5:00 | 1 | - | 6 | 1:33 | |
| Schlüsie | 3.10 | 18:35 | 5:59 | 1 | - | 8 | 1:51 | 6.40 | 35:07 | 5:29 | 1 | - | 6 | 3:13 | |
| Hermannsklippe | 2.60 | 16:09 | 6:12 | 1 | - | 8 | 1:43 | 9.00 | 51:16 | 5:41 | 1 | - | 6 | 4:31 | |
| Brocken | 3.10 | 25:50 | 8:19 | 1 | - | 7 | 3:09 | 12.10 | 1:17:06 | 6:22 | 1 | - | 6 | 7:40 | |
| Eiserner Handwe | 3.60 | 15:50 | 4:23 | 1 | - | 5 | 1:29 | 15.70 | 1:32:56 | 5:55 | 1 | - | 6 | 8:32 | |
| Schlüsie | 4.10 | 14:44 | 3:35 | 1 | - | 5 | 1:14 | 19.80 | 1:47:40 | 5:26 | 1 | - | 6 | 8:39 | |
| Loddenke | 3.10 | 12:14 | 3:56 | 1 | - | 5 | 0:58 | 22.90 | 1:59:54 | 5:14 | 1 | - | 6 | 9:37 | |
| Ilseburg/Markt | 3.30 | 14:01 | 4:14 | 1 | - | 7 | 1:26 | 26.20 | 2:13:55 | 5:06 | 1 | - | 6 | 11:03 | |