



# 52. Brockenlauf

Ilseburg / 02.09.2023

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## Eberhagen, Friederike

□□: Hamburg

□□: 95

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:26:20

□□: 10.66 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 108 (of 537)

□□□□□/□: 9 (of 97)

□□□□□□: 2:02:52

□□□□□: 3(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:10	5:30	4	2:35	12	3:11	3.30	18:10	5:30	4	2:35	12	3:11
Schlüsie	3.10	18:37	6:00	3	1:53	9	1:53	6.40	36:47	5:44	3	4:28	11	4:53
Hermannsklippe	2.60	16:30	6:20	3	2:04	9	2:04	9.00	53:17	5:55	3	6:32	10	6:32
Brocken	3.10	28:26	9:10	4	5:45	14	5:45	12.10	1:21:43	6:45	3	12:17	10	12:17
Eiserner Handwe	3.60	18:19	5:05	5	3:21	15	3:58	15.70	1:40:02	6:22	3	15:38	10	15:38
Schlüsie	4.10	18:12	4:26	5	3:35	20	4:42	19.80	1:58:14	5:58	3	19:13	10	19:13
Loddenke	3.10	13:43	4:25	3	2:27	11	2:27	22.90	2:11:57	5:45	3	21:40	10	21:40
Ilseburg/Markt	3.30	14:23	4:21	3	1:48	9	1:48	26.20	2:26:20	5:35	3	23:28	9	23:28