



52. Brockenlauf

Ilseburg / 02.09.2023

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Schlemeier, Verena

□□: SV teutonia sorsum
 □□: 368

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:29:41

□□: 10.42 km/h
 □□□□: 5:43 min/km

□□□□□/□□□□: 133 (of 537)

□□□□□/□: 13 (of 97)

□□□□□□: 2:02:52

□□□□□: 1(of 16)

□□□□□□□: 2:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	16:54	5:07	1	-	9	1:55	3.30	16:54	5:07	1	-	9	1:55	
Schlüsie	3.10	19:43	6:21	1	-	13	2:59	6.40	36:37	5:43	1	-	10	4:43	
Hermannsklippe	2.60	17:40	6:47	1	-	14	3:14	9.00	54:17	6:01	1	-	11	7:32	
Brocken	3.10	28:16	9:07	1	-	13	5:35	12.10	1:22:33	6:49	1	-	12	13:07	
Eiserner Handwe	3.60	18:39	5:10	2	0:59	19	4:18	15.70	1:41:12	6:26	1	-	12	16:48	
Schlüsie	4.10	18:09	4:25	3	0:08	17	4:39	19.80	1:59:21	6:01	1	-	11	20:20	
Loddenke	3.10	14:23	4:38	2	0:29	17	3:07	22.90	2:13:44	5:50	1	-	11	23:27	
Ilseburg/Markt	3.30	15:57	4:49	2	0:45	16	3:22	26.20	2:29:41	5:42	1	-	13	26:49	