



52. Brockenlauf

Ilseburg / 02.09.2023

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Biedermann, Hilde

□□: Offenbach am Main
 □□: 56

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 2:35:58

□□: 10.00 km/h
 □□□□: 5:57 min/km

□□□□□/□□□: 176 (of 537)

□□□□□/□: 17 (of 97)

□□□□□□: 2:02:52

□□□□□: 7(of 10)

□□□□□□□: 2:03:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:17	6:08	7	5:18	31	5:18	3.30	20:17	6:08	7	5:18	31	5:18
Schlüsie	3.10	20:18	6:32	7	3:23	16	3:34	6.40	40:35	6:20	7	8:41	23	8:41
Hermannsklippe	2.60	17:46	6:49	6	2:53	15	3:20	9.00	58:21	6:29	7	11:34	19	11:36
Brocken	3.10	28:09	9:04	6	3:44	12	5:28	12.10	1:26:30	7:08	6	15:18	15	17:04
Eiserner Handwe	3.60	18:55	5:15	7	4:34	22	4:34	15.70	1:45:25	6:42	6	19:52	15	21:01
Schlüsie	4.10	18:24	4:29	5	4:54	24	4:54	19.80	2:03:49	6:15	7	24:46	17	24:48
Loddenke	3.10	15:10	4:53	7	3:35	27	3:54	22.90	2:18:59	6:04	7	28:21	17	28:42
Ilseburg/Markt	3.30	16:59	5:08	7	3:57	34	4:24	26.20	2:35:58	5:57	7	32:15	17	33:06