



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Dolch, Sabrina

□□: Husum
 □□: 89

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W35 (35-39 Jahre)

□□□: 2:41:13

□□: 9.68 km/h
 □□□□: 6:09 min/km

□□□□□/□□□: 217 (of 537)

□□□□□/□: 19 (of 97)

□□□□□□: 2:02:52

□□□□□: 6(of 15)

□□□□□□□: 2:02:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:21	5:51	7	3:46	22	4:22	3.30	19:21	5:51	7	3:46	22	4:22
Schlüsie	3.10	20:56	6:45	6	4:12	21	4:12	6.40	40:17	6:17	6	7:58	20	8:23
Hermannsklippe	2.60	18:42	7:11	6	4:16	21	4:16	9.00	58:59	6:33	7	12:14	22	12:14
Brocken	3.10	31:35	10:11	6	8:54	21	8:54	12.10	1:30:34	7:29	7	21:08	21	21:08
Eiserner Handwe	3.60	18:13	5:03	4	3:15	14	3:52	15.70	1:48:47	6:55	6	24:23	19	24:23
Schlüsie	4.10	18:11	4:26	4	3:34	18	4:41	19.80	2:06:58	6:24	6	27:57	19	27:57
Loddenke	3.10	15:57	5:08	9	4:41	49	4:41	22.90	2:22:55	6:14	6	32:38	19	32:38
Ilseburg/Markt	3.30	18:18	5:32	11	5:43	58	5:43	26.20	2:41:13	6:09	6	38:21	19	38:21