



52. Brockenlauf

Ilseburg / 02.09.2023

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Jaensch, Friederike

□□: Berlin

□□: 193

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 2:41:27

□□: 9.66 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 222 (of 537)

□□□□□/□: 20 (of 97)

□□□□□□: 2:02:52

□□□□□: 7(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:14	5:49	6	3:39	21	4:15	3.30	19:14	5:49	6	3:39	21	4:15	
Schlüsie	3.10	21:06	6:48	7	4:22	22	4:22	6.40	40:20	6:18	7	8:01	21	8:26	
Hermannsklippe	2.60	18:25	7:05	5	3:59	20	3:59	9.00	58:45	6:31	6	12:00	21	12:00	
Brocken	3.10	31:33	10:10	5	8:52	20	8:52	12.10	1:30:18	7:27	6	20:52	19	20:52	
Eiserner Handwe	3.60	19:28	5:24	7	4:30	29	5:07	15.70	1:49:46	6:59	7	25:22	20	25:22	
Schlüsie	4.10	18:20	4:28	6	3:43	23	4:50	19.80	2:08:06	6:28	7	29:05	20	29:05	
Loddenke	3.10	15:35	5:01	6	4:19	38	4:19	22.90	2:23:41	6:16	7	33:24	20	33:24	
Ilseburg/Markt	3.30	17:46	5:23	8	5:11	49	5:11	26.20	2:41:27	6:09	7	38:35	20	38:35	