



# 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)

□□□□□□□: 2:02:52

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   |         |