



52. Brockenlauf

Ilseburg / 02.09.2023

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Robrecht, Astrid

□□: LT Haumannplatz Essen

□□: 552

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:41:54

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 232 (of 537)

□□□□□/□: 22 (of 97)

□□□□□□: 2:02:52

□□□□□: 1(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:34	6:32	8	2:09	52	6:35	3.30	21:34	6:32	8	2:09	52	6:35
Schlüsie	3.10	21:33	6:57	2	0:16	26	4:49	6.40	43:07	6:44	3	2:09	32	11:13
Hermannsklippe	2.60	18:53	7:15	1	-	23	4:27	9.00	1:02:00	6:53	2	1:35	28	15:15
Brocken	3.10	30:30	9:50	1	-	17	7:49	12.10	1:32:30	7:38	1	-	22	23:04
Eiserner Handwe	3.60	19:52	5:31	2	0:08	34	5:31	15.70	1:52:22	7:09	1	-	22	27:58
Schlüsie	4.10	18:58	4:37	3	0:25	32	5:28	19.80	2:11:20	6:37	1	-	22	32:19
Loddenke	3.10	14:13	4:35	1	-	14	2:57	22.90	2:25:33	6:21	1	-	22	35:16
Ilseburg/Markt	3.30	16:21	4:57	1	-	22	3:46	26.20	2:41:54	6:10	1	-	22	39:02