



52. Brockenlauf

Ilseburg / 02.09.2023

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Zeit, Jana

□□: LT-Lieth Paderborn
 □□: 480

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:42:12

□□: 9.62 km/h
 □□□□: 6:11 min/km

□□□□□/□□□□: 238 (of 537)

□□□□□/□: 24 (of 97)

□□□□□□: 2:02:52

□□□□□: 3(of 16)

□□□□□□□: 2:29:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	18:25	5:34	2	1:31	13	3:26	3.30	18:25	5:34	2	1:31	13	3:26	
Schlüsie	3.10	21:58	7:05	4	2:15	30	5:14	6.40	40:23	6:18	3	3:46	22	8:29	
Hermannsklippe	2.60	20:28	7:52	3	2:48	37	6:02	9.00	1:00:51	6:45	3	6:34	24	14:06	
Brocken	3.10	34:51	11:14	6	6:35	50	12:10	12.10	1:35:42	7:54	4	13:09	29	26:16	
Eiserner Handwe	3.60	17:40	4:54	1	-	11	3:19	15.70	1:53:22	7:13	3	12:10	26	28:58	
Schlüsie	4.10	18:02	4:23	2	0:01	16	4:32	19.80	2:11:24	6:38	3	12:03	23	32:23	
Loddenke	3.10	14:28	4:40	3	0:34	18	3:12	22.90	2:25:52	6:22	3	12:08	23	35:35	
Ilseburg/Markt	3.30	16:20	4:56	3	1:08	21	3:45	26.20	2:42:12	6:11	3	12:31	24	39:20	