



52. Brockenlauf

Ilseburg / 02.09.2023

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Riediger, Anja

□□: Team Lotti

□□: 346

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:42:57

□□: 9.57 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 245 (of 537)

□□□□□/□: 25 (of 97)

□□□□□□: 2:02:52

□□□□□: 3(of 12)

□□□□□□□: 2:13:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	19:31	5:54	4	2:59	24	4:32	3.30	19:31	5:54	4	2:59	24	4:32	
Schlüsie	3.10	23:11	7:28	6	4:36	50	6:27	6.40	42:42	6:40	5	7:35	30	10:48	
Hermannsklippe	2.60	20:46	7:59	6	4:37	42	6:20	9.00	1:03:28	7:03	5	12:12	34	16:43	
Brocken	3.10	33:11	10:42	6	7:21	33	10:30	12.10	1:36:39	7:59	6	19:33	35	27:13	
Eiserner Handwe	3.60	18:47	5:13	3	2:57	21	4:26	15.70	1:55:26	7:21	6	22:30	30	31:02	
Schlüsie	4.10	17:06	4:10	2	2:22	11	3:36	19.80	2:12:32	6:41	5	24:52	28	33:31	
Loddenke	3.10	14:14	4:35	2	2:00	15	2:58	22.90	2:26:46	6:24	3	26:52	24	36:29	
Ilseburg/Markt	3.30	16:11	4:54	2	2:10	19	3:36	26.20	2:42:57	6:13	3	29:02	25	40:05	