



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Ugorets, Stephanie

□□: TSV Bassum

□□: 438

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:43:02

□□: 9.57 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 247 (of 537)

□□□□□/□: 26 (of 97)

□□□□□□: 2:02:52

□□□□□: 4(of 12)

□□□□□□□: 2:13:55

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:53	7:32	12	8:21	95	9:54	3.30	24:53	7:32	12	8:21	95	9:54	
Schlüsie	3.10	21:18	6:52	3	2:43	24	4:34	6.40	46:11	7:12	9	11:04	60	14:17	
Hermannsklippe	2.60	17:50	6:51	2	1:41	16	3:24	9.00	1:04:01	7:06	6	12:45	36	17:16	
Brocken	3.10	28:41	9:15	2	2:51	15	6:00	12.10	1:32:42	7:39	3	15:36	24	23:16	
Eiserner Handwe	3.60	20:12	5:36	8	4:22	41	5:51	15.70	1:52:54	7:11	3	19:58	25	28:30	
Schlüsie	4.10	19:09	4:40	6	4:25	35	5:39	19.80	2:12:03	6:40	3	24:23	26	33:02	
Loddenke	3.10	14:43	4:44	5	2:29	22	3:27	22.90	2:26:46	6:24	3	26:52	24	36:29	
Ilseburg/Markt	3.30	16:16	4:55	3	2:15	20	3:41	26.20	2:43:02	6:13	4	29:07	26	40:10	