



# 52. Brockenlauf

Ilseburg / 02.09.2023

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**Simonis, Svetlana**

□□: Ekosem-Agrar

□□: 4

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:47:29

□□: 9.31 km/h

□□□□: 6:23 min/km

□□□□□/□□□: 285 (of 537)

□□□□□/□: 32 (of 97)

□□□□□□: 2:02:52

□□□□□: 3(of 10)

□□□□□□□: 2:20:30

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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     | 20:20    | 6:09         | 3       | 2:28    | 32      | 5:21    | 3.30  | 20:20     | 6:09      | 3             | 2:28    | 32      | 5:21    |         |
| Schlüsie        | 3.10     | 22:27    | 7:14         | 3       | 4:20    | 33      | 5:43    | 6.40  | 42:47     | 6:41      | 3             | 6:48    | 31      | 10:53   |         |
| Hermannsklippe  | 2.60     | 20:52    | 8:01         | 6       | 4:52    | 45      | 6:26    | 9.00  | 1:03:39   | 7:04      | 4             | 11:40   | 35      | 16:54   |         |
| Brocken         | 3.10     | 34:25    | 11:06        | 6       | 8:01    | 46      | 11:44   | 12.10 | 1:38:04   | 8:06      | 6             | 19:41   | 43      | 28:38   |         |
| Eiserner Handwe | 3.60     | 18:12    | 5:03         | 2       | 2:20    | 13      | 3:51    | 15.70 | 1:56:16   | 7:24      | 3             | 22:01   | 33      | 31:52   |         |
| Schlüsie        | 4.10     | 18:11    | 4:26         | 2       | 1:16    | 18      | 4:41    | 19.80 | 2:14:27   | 6:47      | 3             | 23:17   | 32      | 35:26   |         |
| Loddenke        | 3.10     | 15:29    | 4:59         | 3       | 1:51    | 35      | 4:13    | 22.90 | 2:29:56   | 6:32      | 3             | 25:08   | 32      | 39:39   |         |
| Ilseburg/Markt  | 3.30     | 17:33    | 5:19         | 4       | 1:51    | 46      | 4:58    | 26.20 | 2:47:29   | 6:23      | 3             | 26:59   | 32      | 44:37   |         |