



52. Brockenlauf

Ilseburg / 02.09.2023

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Wienstroer, Antje

□□: Bokensdorf
□□: 467

□□: 26.20 km
26,2 km - Lauf

□□□□:
Seniorinnen W55 (55-59 Jahre)

□□□: 2:48:00

□□: 9.29 km/h
□□□□: 6:25 min/km

□□□□□/□□□: 287 (of 537)

□□□□□/□: 33 (of 97)

□□□□□□: 2:02:52

□□□□□: 2(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:17	6:26	5	1:52	45	6:18	3.30	21:17	6:26	5	1:52	45	6:18
Schlüsie	3.10	22:41	7:19	4	1:24	38	5:57	6.40	43:58	6:52	5	3:00	43	12:04
Hermannsklippe	2.60	20:19	7:48	4	1:26	33	5:53	9.00	1:04:17	7:08	4	3:52	38	17:32
Brocken	3.10	33:24	10:46	4	2:54	36	10:43	12.10	1:37:41	8:04	5	5:11	38	28:15
Eiserner Handwe	3.60	20:21	5:39	5	0:37	43	6:00	15.70	1:58:02	7:31	5	5:40	39	33:38
Schlüsie	4.10	18:33	4:31	1	-	26	5:03	19.80	2:16:35	6:53	4	5:15	37	37:34
Loddenke	3.10	14:54	4:48	2	0:41	23	3:38	22.90	2:31:29	6:36	3	5:56	35	41:12
Ilseburg/Markt	3.30	16:31	5:00	2	0:10	27	3:56	26.20	2:48:00	6:24	2	6:06	33	45:08