



52. Brockenlauf

Ilseburg / 02.09.2023

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Heidenbluth, Anja

□□: KSV Baunatal
 □□: 167

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:49:19

□□: 9.21 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 302 (of 537)

□□□□□/□: 36 (of 97)

□□□□□□: 2:02:52

□□□□□: 4(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:39	6:33	9	2:14	55	6:40	3.30	21:39	6:33	9	2:14	55	6:40
Schlüsie	3.10	23:29	7:34	8	2:12	51	6:45	6.40	45:08	7:03	9	4:10	53	13:14
Hermannsklippe	2.60	20:01	7:41	3	1:08	29	5:35	9.00	1:05:09	7:14	7	4:44	47	18:24
Brocken	3.10	31:00	10:00	2	0:30	18	8:19	12.10	1:36:09	7:56	3	3:39	32	26:43
Eiserner Handwe	3.60	20:35	5:43	6	0:51	44	6:14	15.70	1:56:44	7:26	3	4:22	36	32:20
Schlüsie	4.10	19:29	4:45	7	0:56	45	5:59	19.80	2:16:13	6:52	3	4:53	36	37:12
Loddenke	3.10	15:52	5:07	7	1:39	45	4:36	22.90	2:32:05	6:38	4	6:32	37	41:48
Ilseburg/Markt	3.30	17:14	5:13	5	0:53	38	4:39	26.20	2:49:19	6:27	4	7:25	36	46:27