



52. Brockenlauf

Ilseburg / 02.09.2023

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Grabau, Ilka

□□: LC Solbad Ravensberg
 □□: 147

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 2:50:40

□□: 9.14 km/h
 □□□□: 6:31 min/km

□□□□□/□□□: 317 (of 537)

□□□□□/□: 38 (of 97)

□□□□□□: 2:02:52

□□□□□: 4(of 10)

□□□□□□□: 2:20:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:38	6:33	7	3:46	54	6:39	3.30	21:38	6:33	7	3:46	54	6:39
Schlüsie	3.10	22:58	7:24	5	4:51	42	6:14	6.40	44:36	6:58	6	8:37	50	12:42
Hermannsklippe	2.60	20:05	7:43	4	4:05	31	5:39	9.00	1:04:41	7:11	5	12:42	42	17:56
Brocken	3.10	31:44	10:14	3	5:20	24	9:03	12.10	1:36:25	7:58	4	18:02	34	26:59
Eiserner Handwe	3.60	19:55	5:31	3	4:03	36	5:34	15.70	1:56:20	7:24	4	22:05	34	31:56
Schlüsie	4.10	19:05	4:39	3	2:10	34	5:35	19.80	2:15:25	6:50	4	24:15	35	36:24
Loddenke	3.10	16:21	5:16	7	2:43	57	5:05	22.90	2:31:46	6:37	4	26:58	36	41:29
Ilseburg/Markt	3.30	18:54	5:43	7	3:12	62	6:19	26.20	2:50:40	6:30	4	30:10	38	47:48