



52. Brockenlauf

Ilseburg / 02.09.2023

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Abraham, Rabia

□□: Wolfsburg

□□: 21

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:51:53

□□: 9.08 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 333 (of 537)

□□□□□/□: 42 (of 97)

□□□□□□: 2:02:52

□□□□□: 7(of 12)

□□□□□□□: 2:13:55

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:56 | 6:20 | 7 | 4:24 | 42 | 5:57 | 3.30 | 20:56 | 6:20 | 7 | 4:24 | 42 | 5:57 |
| Schlüsie | 3.10 | 22:35 | 7:17 | 5 | 4:00 | 37 | 5:51 | 6.40 | 43:31 | 6:47 | 6 | 8:24 | 37 | 11:37 |
| Hermannsklippe | 2.60 | 20:48 | 8:00 | 7 | 4:39 | 43 | 6:22 | 9.00 | 1:04:19 | 7:08 | 7 | 13:03 | 39 | 17:34 |
| Brocken | 3.10 | 33:42 | 10:52 | 9 | 7:52 | 39 | 11:01 | 12.10 | 1:38:01 | 8:06 | 7 | 20:55 | 42 | 28:35 |
| Eiserner Handwe | 3.60 | 21:07 | 5:51 | 9 | 5:17 | 49 | 6:46 | 15.70 | 1:59:08 | 7:35 | 7 | 26:12 | 41 | 34:44 |
| Schlüsie | 4.10 | 20:19 | 4:57 | 10 | 5:35 | 56 | 6:49 | 19.80 | 2:19:27 | 7:02 | 7 | 31:47 | 44 | 40:26 |
| Loddenke | 3.10 | 15:55 | 5:08 | 9 | 3:41 | 48 | 4:39 | 22.90 | 2:35:22 | 6:47 | 7 | 35:28 | 44 | 45:05 |
| Ilseburg/Markt | 3.30 | 16:31 | 5:00 | 5 | 2:30 | 27 | 3:56 | 26.20 | 2:51:53 | 6:33 | 7 | 37:58 | 42 | 49:01 |