



52. Brockenlauf

Ilseburg / 02.09.2023

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Meibeck, Anja

□□: Köln

□□: 286

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:52:20

□□: 9.05 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 336 (of 537)

□□□□□/□: 43 (of 97)

□□□□□□: 2:02:52

□□□□□: 5(of 10)

□□□□□□□: 2:20:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:44	6:16	4	2:52	38	5:45	3.30	20:44	6:16	4	2:52	38	5:45
Schlüsie	3.10	22:33	7:16	4	4:26	36	5:49	6.40	43:17	6:45	4	7:18	33	11:23
Hermannsklippe	2.60	20:03	7:42	3	4:03	30	5:37	9.00	1:03:20	7:02	3	11:21	33	16:35
Brocken	3.10	32:18	10:25	4	5:54	25	9:37	12.10	1:35:38	7:54	3	17:15	28	26:12
Eiserner Handwe	3.60	21:29	5:58	6	5:37	55	7:08	15.70	1:57:07	7:27	5	22:52	38	32:43
Schlüsie	4.10	21:30	5:14	8	4:35	70	8:00	19.80	2:18:37	7:00	5	27:27	41	39:36
Loddenke	3.10	16:02	5:10	5	2:24	52	4:46	22.90	2:34:39	6:45	5	29:51	42	44:22
Ilseburg/Markt	3.30	17:41	5:21	5	1:59	47	5:06	26.20	2:52:20	6:34	5	31:50	43	49:28