



52. Brockenlauf

Ilseburg / 02.09.2023

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Strobach, Desiree

□□: Ilseburg
 □□: 579

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 2:52:48

□□: 9.03 km/h
 □□□□: 6:36 min/km

□□□□□/□□□: 338 (of 537)

□□□□□/□: 45 (of 97)

□□□□□□: 2:02:52

□□□□□: 8(of 12)

□□□□□□□: 2:13:55

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:22	7:23	11	7:50	89	9:23	3.30	24:22	7:23	11	7:50	89	9:23	
Schlüsie	3.10	24:24	7:52	9	5:49	62	7:40	6.40	48:46	7:37	12	13:39	76	16:52	
Hermannsklippe	2.60	20:55	8:02	8	4:46	47	6:29	9.00	1:09:41	7:44	11	18:25	68	22:56	
Brocken	3.10	33:21	10:45	7	7:31	35	10:40	12.10	1:43:02	8:30	9	25:56	57	33:36	
Eiserner Handwe	3.60	19:17	5:21	5	3:27	27	4:56	15.70	2:02:19	7:47	9	29:23	51	37:55	
Schlüsie	4.10	18:36	4:32	5	3:52	27	5:06	19.80	2:20:55	7:07	8	33:15	49	41:54	
Loddenke	3.10	15:24	4:58	8	3:10	31	4:08	22.90	2:36:19	6:49	8	36:25	45	46:02	
Ilseburg/Markt	3.30	16:29	4:59	4	2:28	25	3:54	26.20	2:52:48	6:35	8	38:53	45	49:56	