



52. Brockenlauf

Ilseburg / 02.09.2023

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Kirstein, Janine

□□: Bremen
 □□: 211

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:53:39

□□: 9.05 km/h
 □□□□: 6:38 min/km

□□□□□/□□□: 345 (of 537)

□□□□□/□: 46 (of 97)

□□□□□□: 2:02:52

□□□□□: 5(of 16)

□□□□□□□: 2:29:41

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:23	6:10	6	3:29	34	5:24	3.30	20:23	6:10	6	3:29	34	5:24
Schlüsie	3.10	23:01	7:25	5	3:18	44	6:17	6.40	43:24	6:46	5	6:47	36	11:30
Hermannsklippe	2.60	21:22	8:13	5	3:42	53	6:56	9.00	1:04:46	7:11	5	10:29	43	18:01
Brocken	3.10	34:42	11:11	4	6:26	48	12:01	12.10	1:39:28	8:13	5	16:55	46	30:02
Eiserner Handwe	3.60	20:35	5:43	6	2:55	44	6:14	15.70	2:00:03	7:38	5	18:51	46	35:39
Schlüsie	4.10	20:44	5:03	6	2:43	60	7:14	19.80	2:20:47	7:06	5	21:26	47	41:46
Loddenke	3.10	16:08	5:12	6	2:14	53	4:52	22.90	2:36:55	6:51	5	23:11	49	46:38
Ilseburg/Markt	3.30	16:44	5:04	5	1:32	31	4:09	26.20	2:53:39	6:37	5	23:58	46	50:47