



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Löhe-Husemann, Kirsten

□□: LT-Lieth Paderborn
 □□: 266

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:54:29

□□: 8.94 km/h
 □□□□: 6:40 min/km

□□□□□/□□□: 353 (of 537)

□□□□□/□: 48 (of 97)

□□□□□□: 2:02:52

□□□□□: 7(of 17)

□□□□□□□: 2:41:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 20:15 | 6:08 | 3 | 0:50 | 30 | 5:16 | 3.30 | 20:15 | 6:08 | 3 | 0:50 | 30 | 5:16 |
| Schlüsie | 3.10 | 23:30 | 7:34 | 9 | 2:13 | 53 | 6:46 | 6.40 | 43:45 | 6:50 | 4 | 2:47 | 40 | 11:51 |
| Hermannsklippe | 2.60 | 21:56 | 8:26 | 10 | 3:03 | 62 | 7:30 | 9.00 | 1:05:41 | 7:17 | 9 | 5:16 | 51 | 18:56 |
| Brocken | 3.10 | 36:20 | 11:43 | 9 | 5:50 | 58 | 13:39 | 12.10 | 1:42:01 | 8:25 | 8 | 9:31 | 51 | 32:35 |
| Eiserner Handwe | 3.60 | 20:09 | 5:35 | 3 | 0:25 | 38 | 5:48 | 15.70 | 2:02:10 | 7:46 | 8 | 9:48 | 50 | 37:46 |
| Schlüsie | 4.10 | 19:19 | 4:42 | 6 | 0:46 | 40 | 5:49 | 19.80 | 2:21:29 | 7:08 | 8 | 10:09 | 50 | 42:28 |
| Loddenke | 3.10 | 15:37 | 5:02 | 6 | 1:24 | 39 | 4:21 | 22.90 | 2:37:06 | 6:51 | 8 | 11:33 | 50 | 46:49 |
| Ilseburg/Markt | 3.30 | 17:23 | 5:16 | 6 | 1:02 | 42 | 4:48 | 26.20 | 2:54:29 | 6:39 | 7 | 12:35 | 48 | 51:37 |