



52. Brockenlauf

Ilseburg / 02.09.2023

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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

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□□□	□□ 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