



52. Brockenlauf

Ilseburg / 02.09.2023

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Olßta, Kerstin

□□: Essen
 □□: 551

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 2:56:03

□□: 8.86 km/h
 □□□□: 6:43 min/km

□□□□□/□□□: 369 (of 537)

□□□□□/□: 51 (of 97)

□□□□□□: 2:02:52

□□□□□: 8(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:20	6:27	6	1:55	46	6:21	3.30	21:20	6:27	6	1:55	46	6:21
Schlüsie	3.10	22:44	7:19	5	1:27	39	6:00	6.40	44:04	6:53	6	3:06	44	12:10
Hermannsklippe	2.60	21:18	8:11	8	2:25	51	6:52	9.00	1:05:22	7:15	8	4:57	50	18:37
Brocken	3.10	36:54	11:54	10	6:24	64	14:13	12.10	1:42:16	8:27	9	9:46	53	32:50
Eiserner Handwe	3.60	21:21	5:55	10	1:37	52	7:00	15.70	2:03:37	7:52	9	11:15	55	39:13
Schlüsie	4.10	20:10	4:55	9	1:37	53	6:40	19.80	2:23:47	7:15	9	12:27	53	44:46
Loddenke	3.10	15:21	4:57	3	1:08	29	4:05	22.90	2:39:08	6:56	9	13:35	53	48:51
Ilseburg/Markt	3.30	16:55	5:07	4	0:34	32	4:20	26.20	2:56:03	6:43	8	14:09	51	53:11