



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Ratheisky, Tanja

□□: Alfeld  
 □□: 332

□□: 26.20 km  
 26,2 km - Lauf

□□□□:  
 Seniorinnen W45 (45-49 Jahre)

□□□: 2:57:56

□□: 8.77 km/h  
 □□□□: 6:47 min/km

□□□□□/□□□: 385 (of 537)

□□□□□/□: 54 (of 97)

□□□□□□: 2:02:52

□□□□□: 6(of 16)

□□□□□□□: 2:29:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	20:21	6:10	5	3:27	33	5:22	3.30	20:21	6:10	5	3:27	33	5:22
Schlüsie	3.10	23:10	7:28	7	3:27	49	6:26	6.40	43:31	6:47	6	6:54	37	11:37
Hermannsklippe	2.60	21:44	8:21	7	4:04	60	7:18	9.00	1:05:15	7:15	6	10:58	48	18:30
Brocken	3.10	37:42	12:09	12	9:26	76	15:01	12.10	1:42:57	8:30	6	20:24	56	33:31
Eiserner Handwe	3.60	21:32	5:58	7	3:52	57	7:11	15.70	2:04:29	7:55	6	23:17	57	40:05
Schlüsie	4.10	20:45	5:03	8	2:44	63	7:15	19.80	2:25:14	7:20	6	25:53	56	46:13
Loddenke	3.10	15:30	5:00	5	1:36	36	4:14	22.90	2:40:44	7:01	6	27:00	54	50:27
Ilseburg/Markt	3.30	17:12	5:12	6	2:00	37	4:37	26.20	2:57:56	6:47	6	28:15	54	55:04