



52. Brockenlauf

Ilseburg / 02.09.2023

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Droste, Kathrin

□□: Brockenlaufverein
 □□: 93

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 3:00:54

□□: 8.62 km/h
 □□□□: 6:54 min/km

□□□□□/□□□: 402 (of 537)

□□□□□/□: 57 (of 97)

□□□□□□: 2:02:52

□□□□□: 10(of 12)

□□□□□□□: 2:13:55

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 21:06 | 6:23 | 8 | 4:34 | 43 | 6:07 | 3.30 | 21:06 | 6:23 | 8 | 4:34 | 43 | 6:07 |
| Schlüsie | 3.10 | 25:07 | 8:06 | 10 | 6:32 | 68 | 8:23 | 6.40 | 46:13 | 7:13 | 10 | 11:06 | 61 | 14:19 |
| Hermannsklippe | 2.60 | 22:42 | 8:43 | 10 | 6:33 | 67 | 8:16 | 9.00 | 1:08:55 | 7:39 | 9 | 17:39 | 61 | 22:10 |
| Brocken | 3.10 | 36:37 | 11:48 | 10 | 10:47 | 60 | 13:56 | 12.10 | 1:45:32 | 8:43 | 10 | 28:26 | 63 | 36:06 |
| Eiserner Handwe | 3.60 | 21:30 | 5:58 | 10 | 5:40 | 56 | 7:09 | 15.70 | 2:07:02 | 8:05 | 10 | 34:06 | 59 | 42:38 |
| Schlüsie | 4.10 | 20:05 | 4:53 | 9 | 5:21 | 51 | 6:35 | 19.80 | 2:27:07 | 7:25 | 10 | 39:27 | 59 | 48:06 |
| Loddenke | 3.10 | 16:24 | 5:17 | 10 | 4:10 | 58 | 5:08 | 22.90 | 2:43:31 | 7:08 | 10 | 43:37 | 58 | 53:14 |
| Ilseburg/Markt | 3.30 | 17:23 | 5:16 | 9 | 3:22 | 42 | 4:48 | 26.20 | 3:00:54 | 6:54 | 10 | 46:59 | 57 | 58:02 |