



52. Brockenlauf

Ilseburg / 02.09.2023

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Benzler de Rodriguez, Natalja

□□: Hannover

□□: 55

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 3:03:35

□□: 8.56 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 423 (of 537)

□□□□□/□: 63 (of 97)

□□□□□□: 2:02:52

□□□□□: 8(of 10)

□□□□□□□: 2:03:43

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:26	6:29	8	6:27	48	6:27	3.30	21:26	6:29	8	6:27	48	6:27
Schlüsie	3.10	22:46	7:20	8	5:51	40	6:02	6.40	44:12	6:54	8	12:18	47	12:18
Hermannsklippe	2.60	21:42	8:20	8	6:49	58	7:16	9.00	1:05:54	7:19	8	19:07	53	19:09
Brocken	3.10	36:22	11:43	8	11:57	59	13:41	12.10	1:42:16	8:27	8	31:04	53	32:50
Eiserner Handwe	3.60	21:24	5:56	8	7:03	54	7:03	15.70	2:03:40	7:52	8	38:07	56	39:16
Schlüsie	4.10	21:19	5:11	8	7:49	69	7:49	19.80	2:24:59	7:19	8	45:56	55	45:58
Loddenke	3.10	18:34	5:59	9	6:59	80	7:18	22.90	2:43:33	7:08	8	52:55	59	53:16
Ilseburg/Markt	3.30	20:02	6:04	9	7:00	72	7:27	26.20	3:03:35	7:00	8	59:52	63	1:00:43