



52. Brockenlauf

Ilseburg / 02.09.2023

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Hartwig, Karin

□□: Faaborg Ski og Motion
 □□: 166

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W60 (60-64 Jahre)

□□□: 3:05:39

□□: 8.40 km/h
 □□□□: 7:05 min/km

□□□□□/□□□: 433 (of 537)

□□□□□/□: 66 (of 97)

□□□□□□: 2:02:52

□□□□□: 3(of 4)

□□□□□□□: 2:48:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:52	6:55	3	2:10	73	7:53	3.30	22:52	6:55	3	2:10	73	7:53
Schlüsie	3.10	24:49	8:00	3	1:50	65	8:05	6.40	47:41	7:27	3	4:00	69	15:47
Hermannsklippe	2.60	21:18	8:11	3	0:39	51	6:52	9.00	1:08:59	7:39	3	4:39	63	22:14
Brocken	3.10	37:24	12:03	4	4:12	73	14:43	12.10	1:46:23	8:47	3	8:51	67	36:57
Eiserner Handwe	3.60	22:05	6:08	2	3:08	64	7:44	15.70	2:08:28	8:10	3	11:59	64	44:04
Schlüsie	4.10	21:11	5:10	2	2:27	68	7:41	19.80	2:29:39	7:33	3	14:26	65	50:38
Loddenke	3.10	15:54	5:07	2	0:02	47	4:38	22.90	2:45:33	7:13	3	14:28	65	55:16
Ilseburg/Markt	3.30	20:06	6:05	2	2:25	75	7:31	26.20	3:05:39	7:05	3	16:53	66	1:02:47