



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Mertens-Kociper, Verena

□□: Team Montellino
 □□: 289

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:06:22

□□: 8.37 km/h
 □□□□: 7:07 min/km

□□□□□/□□□: 435 (of 537)

□□□□□/□: 67 (of 97)

□□□□□□: 2:02:52

□□□□□: 8(of 16)

□□□□□□□: 2:29:41

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 22:29 | 6:48 | 10 | 5:35 | 69 | 7:30 | 3.30 | 22:29 | 6:48 | 10 | 5:35 | 69 | 7:30 |
| Schlüsie | 3.10 | 24:11 | 7:48 | 8 | 4:28 | 60 | 7:27 | 6.40 | 46:40 | 7:17 | 8 | 10:03 | 65 | 14:46 |
| Hermannsklippe | 2.60 | 22:14 | 8:33 | 9 | 4:34 | 63 | 7:48 | 9.00 | 1:08:54 | 7:39 | 8 | 14:37 | 60 | 22:09 |
| Brocken | 3.10 | 34:47 | 11:13 | 5 | 6:31 | 49 | 12:06 | 12.10 | 1:43:41 | 8:34 | 7 | 21:08 | 59 | 34:15 |
| Eiserner Handwe | 3.60 | 23:30 | 6:31 | 10 | 5:50 | 76 | 9:09 | 15.70 | 2:07:11 | 8:06 | 8 | 25:59 | 60 | 42:47 |
| Schlüsie | 4.10 | 22:17 | 5:26 | 10 | 4:16 | 76 | 8:47 | 19.80 | 2:29:28 | 7:32 | 8 | 30:07 | 64 | 50:27 |
| Loddenke | 3.10 | 16:51 | 5:26 | 8 | 2:57 | 66 | 5:35 | 22.90 | 2:46:19 | 7:15 | 8 | 32:35 | 66 | 56:02 |
| Ilseburg/Markt | 3.30 | 20:03 | 6:04 | 9 | 4:51 | 73 | 7:28 | 26.20 | 3:06:22 | 7:06 | 8 | 36:41 | 67 | 1:03:30 |