



52. Brockenlauf

Ilseburg / 02.09.2023

0000

Flanz, Carina

00: Bad Bramstedt

00: 116

00: 26.20 km

26,2 km - Lauf

0000:

Seniorinnen W45 (45-49 Jahre)

000: 3:08:48

00: 8.26 km/h

0000: 7:13 min/km

00000/000: 448 (of 537)

00000/0: 68 (of 97)

000000: 2:02:52

00000: 9(of 16)

0000000: 2:29:41

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Loddenke	3.30	22:23	6:46	8	5:29	66	7:24	3.30	22:23	6:46	8	5:29	66	7:24
Schlüsle	3.10	24:50	8:00	10	5:07	66	8:06	6.40	47:13	7:22	10	10:36	68	15:19
Hermannsklippe	2.60	21:47	8:22	8	4:07	61	7:21	9.00	1:09:00	7:40	9	14:43	64	22:15
Brocken	3.10	35:22	11:24	7	7:06	52	12:41	12.10	1:44:22	8:37	9	21:49	61	34:56
Eiserner Handwe	3.60	25:19	7:01	13	7:39	87	10:58	15.70	2:09:41	8:15	10	28:29	66	45:17
Schlüsle	4.10	24:14	5:54	13	6:13	88	10:44	19.80	2:33:55	7:46	10	34:34	72	54:54
Loddenke	3.10	17:32	5:39	9	3:38	71	6:16	22.90	2:51:27	7:29	10	37:43	71	1:01:10
Ilseburg/Markt	3.30	17:21	5:15	7	2:09	40	4:46	26.20	3:08:48	7:12	9	39:07	68	1:05:56