



52. Brockenlauf

Ilseburg / 02.09.2023

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Hundertmark, Tonia

□□: Hannover
 □□: 191

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:09:57

□□: 8.21 km/h
 □□□□: 7:15 min/km

□□□□□/□□□: 453 (of 537)

□□□□□/□: 70 (of 97)

□□□□□□: 2:02:52

□□□□□: 10(of 16)

□□□□□□□: 2:29:41

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	21:51	6:37	7	4:57	59	6:52	3.30	21:51	6:37	7	4:57	59	6:52
Schlüsie	3.10	23:08	7:27	6	3:25	47	6:24	6.40	44:59	7:01	7	8:22	52	13:05
Hermannsklippe	2.60	21:28	8:15	6	3:48	54	7:02	9.00	1:06:27	7:23	7	12:10	54	19:42
Brocken	3.10	37:31	12:06	11	9:15	74	14:50	12.10	1:43:58	8:35	8	21:25	60	34:32
Eiserner Handwe	3.60	24:37	6:50	11	6:57	84	10:16	15.70	2:08:35	8:11	9	27:23	65	44:11
Schlüsie	4.10	22:58	5:36	11	4:57	84	9:28	19.80	2:31:33	7:39	9	32:12	68	52:32
Loddenke	3.10	17:49	5:44	10	3:55	72	6:33	22.90	2:49:22	7:23	9	35:38	68	59:05
Ilseburg/Markt	3.30	20:35	6:14	12	5:23	79	8:00	26.20	3:09:57	7:15	10	40:16	70	1:07:05