



52. Brockenlauf

Ilseburg / 02.09.2023

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Gauert, Nasira

□□: Wolfsburg

□□: 132

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 3:13:18

□□: 8.07 km/h

□□□□: 7:23 min/km

□□□□□/□□□: 463 (of 537)

□□□□□/□: 74 (of 97)

□□□□□□: 2:02:52

□□□□□: 12(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:43	7:29	17	5:18	92	9:44	3.30	24:43	7:29	17	5:18	92	9:44	
Schlüsie	3.10	28:11	9:05	16	6:54	92	11:27	6.40	52:54	8:15	16	11:56	94	21:00	
Hermannsklippe	2.60	24:56	9:35	16	6:03	90	10:30	9.00	1:17:50	8:38	16	17:25	92	31:05	
Brocken	3.10	39:50	12:50	14	9:20	84	17:09	12.10	1:57:40	9:43	16	25:10	91	48:14	
Eiserner Handwe	3.60	21:13	5:53	9	1:29	51	6:52	15.70	2:18:53	8:50	15	26:31	88	54:29	
Schlüsie	4.10	18:52	4:36	2	0:19	30	5:22	19.80	2:37:45	7:58	13	26:25	77	58:44	
Loddenke	3.10	16:12	5:13	9	1:59	54	4:56	22.90	2:53:57	7:35	12	28:24	75	1:03:40	
Ilseburg/Markt	3.30	19:21	5:51	11	3:00	67	6:46	26.20	3:13:18	7:22	12	31:24	74	1:10:26	