



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Glodek, Viola

□□: Berlin

□□: 143

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:16:17

□□: 7.95 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 473 (of 537)

□□□□□/□: 76 (of 97)

□□□□□□: 2:02:52

□□□□□: 12(of 12)

□□□□□□□: 2:13:55

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:12	6:43	10	5:40	65	7:13	3.30	22:12	6:43	10	5:40	65	7:13
Schlüsie	3.10	26:23	8:30	12	7:48	83	9:39	6.40	48:35	7:35	11	13:28	74	16:41
Hermannsklippe	2.60	24:44	9:30	12	8:35	87	10:18	9.00	1:13:19	8:08	12	22:03	78	26:34
Brocken	3.10	42:13	13:37	12	16:23	91	19:32	12.10	1:55:32	9:32	12	38:26	88	46:06
Eiserner Handwe	3.60	23:08	6:25	12	7:18	73	8:47	15.70	2:18:40	8:49	12	45:44	87	54:16
Schlüsie	4.10	21:52	5:20	12	7:08	73	8:22	19.80	2:40:32	8:06	12	52:52	84	1:01:31
Loddenke	3.10	16:40	5:22	12	4:26	63	5:24	22.90	2:57:12	7:44	12	57:18	81	1:06:55
Ilseburg/Markt	3.30	19:05	5:46	12	5:04	63	6:30	26.20	3:16:17	7:29	12	1:02:22	76	1:13:25