



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Oltmann, Solvej

□□: Bjørnebanden
 □□: 308

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:16:47

□□: 7.93 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 475 (of 537)

□□□□□/□: 77 (of 97)

□□□□□□: 2:02:52

□□□□□: 13(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:09	7:00	13	3:44	79	8:10	3.30	23:09	7:00	13	3:44	79	8:10
Schlüsie	3.10	25:54	8:21	13	4:37	75	9:10	6.40	49:03	7:39	13	8:05	77	17:09
Hermannsklippe	2.60	24:29	9:24	15	5:36	85	10:03	9.00	1:13:32	8:10	14	13:07	80	26:47
Brocken	3.10	42:18	13:38	16	11:48	92	19:37	12.10	1:55:50	9:34	15	23:20	89	46:24
Eiserner Handwe	3.60	21:38	6:00	11	1:54	58	7:17	15.70	2:17:28	8:45	14	25:06	81	53:04
Schlüsie	4.10	20:24	4:58	10	1:51	57	6:54	19.80	2:37:52	7:58	14	26:32	78	58:51
Loddenke	3.10	17:49	5:44	12	3:36	72	6:33	22.90	2:55:41	7:40	14	30:08	77	1:05:24
Ilseburg/Markt	3.30	21:06	6:23	14	4:45	83	8:31	26.20	3:16:47	7:30	13	34:53	77	1:13:55