



52. Brockenlauf

Ilseburg / 02.09.2023

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Frank, Anita

□□: Faaborg Ski og Motion
 □□: 122

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:16:48

□□: 7.93 km/h
 □□□□: 7:31 min/km

□□□□□/□□□: 476 (of 537)

□□□□□/□: 78 (of 97)

□□□□□□: 2:02:52

□□□□□: 14(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:07	7:00	12	3:42	78	8:08	3.30	23:07	7:00	12	3:42	78	8:08
Schlüsie	3.10	25:57	8:22	14	4:40	76	9:13	6.40	49:04	7:40	14	8:06	78	17:10
Hermannsklippe	2.60	23:22	8:59	11	4:29	72	8:56	9.00	1:12:26	8:02	13	12:01	76	25:41
Brocken	3.10	37:05	11:57	11	6:35	67	14:24	12.10	1:49:31	9:03	12	17:01	74	40:05
Eiserner Handwe	3.60	23:19	6:28	14	3:35	74	8:58	15.70	2:12:50	8:27	12	20:28	73	48:26
Schlüsie	4.10	22:20	5:26	14	3:47	77	8:50	19.80	2:35:10	7:50	12	23:50	74	56:09
Loddenke	3.10	19:22	6:14	17	5:09	87	8:06	22.90	2:54:32	7:37	13	28:59	76	1:04:15
Ilseburg/Markt	3.30	22:16	6:44	16	5:55	91	9:41	26.20	3:16:48	7:30	14	34:54	78	1:13:56