



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Schlottag, Nicole

□□: Gaensefurther Sportbewegung

□□: 370

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:16:59

□□: 7.98 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 478 (of 537)

□□□□□/□: 79 (of 97)

□□□□□□: 2:02:52

□□□□□: 11(of 16)

□□□□□□□: 2:29:41

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:02	6:58	12	6:08	76	8:03	3.30	23:02	6:58	12	6:08	76	8:03
Schlüsie	3.10	26:45	8:37	14	7:02	84	10:01	6.40	49:47	7:46	14	13:10	82	17:53
Hermannsklippe	2.60	23:25	9:00	12	5:45	73	8:59	9.00	1:13:12	8:07	12	18:55	77	26:27
Brocken	3.10	40:22	13:01	14	12:06	85	17:41	12.10	1:53:34	9:23	13	31:01	83	44:08
Eiserner Handwe	3.60	22:31	6:15	9	4:51	71	8:10	15.70	2:16:05	8:40	12	34:53	79	51:41
Schlüsie	4.10	21:51	5:19	9	3:50	72	8:21	19.80	2:37:56	7:58	11	38:35	79	58:55
Loddenke	3.10	18:35	5:59	12	4:41	81	7:19	22.90	2:56:31	7:42	11	42:47	78	1:06:14
Ilseburg/Markt	3.30	20:28	6:12	11	5:16	78	7:53	26.20	3:16:59	7:31	11	47:18	79	1:14:07