



52. Brockenlauf

Ilseburg / 02.09.2023

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Lyashenko, Daria

□□: Endurance School
 □□: 268

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:17:14

□□: 7.91 km/h
 □□□□: 7:32 min/km

□□□□□/□□□: 480 (of 537)

□□□□□/□: 80 (of 97)

□□□□□□: 2:02:52

□□□□□: 9(of 10)

□□□□□□□: 2:03:43

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:03	6:59	9	8:04	77	8:04	3.30	23:03	6:59	9	8:04	77	8:04
Schlüsie	3.10	27:09	8:45	9	10:14	89	10:25	6.40	50:12	7:50	9	18:18	84	18:18
Hermannsklippe	2.60	24:41	9:29	9	9:48	86	10:15	9.00	1:14:53	8:19	9	28:06	87	28:08
Brocken	3.10	38:30	12:25	10	14:05	79	15:49	12.10	1:53:23	9:22	9	42:11	82	43:57
Eiserner Handwe	3.60	24:25	6:46	10	10:04	82	10:04	15.70	2:17:48	8:46	9	52:15	82	53:24
Schlüsie	4.10	21:59	5:21	9	8:29	74	8:29	19.80	2:39:47	8:04	9	1:00:44	83	1:00:46
Loddenke	3.10	18:12	5:52	8	6:37	78	6:56	22.90	2:57:59	7:46	9	1:07:21	83	1:07:42
Ilseburg/Markt	3.30	19:15	5:50	8	6:13	66	6:40	26.20	3:17:14	7:31	9	1:13:31	80	1:14:22