



52. Brockenlauf

Ilseburg / 02.09.2023

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Ehrenfeld, Doreen

□□: Seeburg
 □□: 102

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 3:17:25

□□: 7.90 km/h
 □□□□: 7:32 min/km

□□□□□/□□□: 481 (of 537)

□□□□□/□: 81 (of 97)

□□□□□□: 2:02:52

□□□□□: 12(of 16)

□□□□□□□: 2:29:41

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:53	7:14	15	6:59	86	8:54	3.30	23:53	7:14	15	6:59	86	8:54
Schlüsie	3.10	27:31	8:52	16	7:48	91	10:47	6.40	51:24	8:01	16	14:47	91	19:30
Hermannsklippe	2.60	24:11	9:18	14	6:31	82	9:45	9.00	1:15:35	8:23	16	21:18	89	28:50
Brocken	3.10	40:40	13:07	16	12:24	88	17:59	12.10	1:56:15	9:36	16	33:42	90	46:49
Eiserner Handwe	3.60	22:19	6:11	8	4:39	67	7:58	15.70	2:18:34	8:49	14	37:22	85	54:10
Schlüsie	4.10	20:44	5:03	6	2:43	60	7:14	19.80	2:39:18	8:02	13	39:57	82	1:00:17
Loddenke	3.10	18:02	5:49	11	4:08	76	6:46	22.90	2:57:20	7:44	12	43:36	82	1:07:03
Ilseburg/Markt	3.30	20:05	6:05	10	4:53	74	7:30	26.20	3:17:25	7:32	12	47:44	81	1:14:33