



52. Brockenlauf
Ilseburg / 02.09.2023

□□□□

Arnhold, Petra

□□: Rennsteiglaufverein

□□: 150

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 3:18:19

□□: 7.87 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 484 (of 537)

□□□□□/□: 82 (of 97)

□□□□□□: 2:02:52

□□□□□: 4(of 4)

□□□□□□□: 2:48:46

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:21	7:22	4	3:39	88	9:22	3.30	24:21	7:22	4	3:39	88	9:22	
Schlüsie	3.10	26:12	8:27	4	3:13	80	9:28	6.40	50:33	7:53	4	6:52	85	18:39	
Hermannsklippe	2.60	23:11	8:54	4	2:32	70	8:45	9.00	1:13:44	8:11	4	9:24	81	26:59	
Brocken	3.10	37:19	12:02	3	4:07	70	14:38	12.10	1:51:03	9:10	4	13:31	76	41:37	
Eiserner Handwe	3.60	24:01	6:40	4	5:04	79	9:40	15.70	2:15:04	8:36	4	18:35	77	50:40	
Schlüsie	4.10	22:56	5:35	4	4:12	82	9:26	19.80	2:38:00	7:58	4	22:47	80	58:59	
Loddenke	3.10	18:52	6:05	4	3:00	85	7:36	22.90	2:56:52	7:43	4	25:47	79	1:06:35	
Ilseburg/Markt	3.30	21:27	6:30	4	3:46	86	8:52	26.20	3:18:19	7:34	4	29:33	82	1:15:27	