



52. Brockenlauf

Ilseburg / 02.09.2023

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Hörig, Anke

□□: LT Haumannplatz
 □□: 1016

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:19:02

□□: 7.84 km/h
 □□□□: 7:36 min/km

□□□□□/□□□: 488 (of 537)

□□□□□/□: 83 (of 97)

□□□□□□: 2:02:52

□□□□□: 15(of 17)

□□□□□□□: 2:41:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	22:29	6:48	11	3:04	69	7:30	3.30	22:29	6:48	11	3:04	69	7:30
Schlüsie	3.10	25:17	8:09	12	4:00	72	8:33	6.40	47:46	7:27	11	6:48	71	15:52
Hermannsklippe	2.60	23:44	9:07	12	4:51	77	9:18	9.00	1:11:30	7:56	12	11:05	74	24:45
Brocken	3.10	40:37	13:06	15	10:07	87	17:56	12.10	1:52:07	9:15	13	19:37	80	42:41
Eiserner Handwe	3.60	24:32	6:48	16	4:48	83	10:11	15.70	2:16:39	8:42	13	24:17	80	52:15
Schlüsie	4.10	24:55	6:04	16	6:22	89	11:25	19.80	2:41:34	8:09	15	30:14	86	1:02:33
Loddenke	3.10	18:16	5:53	15	4:03	79	7:00	22.90	2:59:50	7:51	15	34:17	86	1:09:33
Ilseburg/Markt	3.30	19:12	5:49	10	2:51	65	6:37	26.20	3:19:02	7:35	15	37:08	83	1:16:10