



52. Brockenlauf

Ilseburg / 02.09.2023

□□□□

Gemm, Sarah

□□: Hann.Münden
 □□: 136

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 3:21:20

□□: 7.75 km/h
 □□□□: 7:41 min/km

□□□□□/□□□: 495 (of 537)

□□□□□/□: 86 (of 97)

□□□□□□: 2:02:52

□□□□□: 10(of 10)

□□□□□□□: 2:03:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:47	7:12	10	8:48	84	8:48	3.30	23:47	7:12	10	8:48	84	8:48
Schlüsie	3.10	28:28	9:10	10	11:33	94	11:44	6.40	52:15	8:09	10	20:21	93	20:21
Hermannsklippe	2.60	25:17	9:43	10	10:24	92	10:51	9.00	1:17:32	8:36	10	30:45	91	30:47
Brocken	3.10	37:32	12:06	9	13:07	75	14:51	12.10	1:55:04	9:30	10	43:52	87	45:38
Eiserner Handwe	3.60	23:31	6:31	9	9:10	77	9:10	15.70	2:18:35	8:49	10	53:02	86	54:11
Schlüsie	4.10	22:28	5:28	10	8:58	79	8:58	19.80	2:41:03	8:08	10	1:02:00	85	1:02:02
Loddenke	3.10	18:37	6:00	10	7:02	83	7:21	22.90	2:59:40	7:50	10	1:09:02	85	1:09:23
Ilseburg/Markt	3.30	21:40	6:33	10	8:38	89	9:05	26.20	3:21:20	7:41	10	1:17:37	86	1:18:28