



# 52. Brockenlauf

Ilseburg / 02.09.2023

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Schmidt, Lisa

□□: Hamburg

□□: 374

□□: 26.20 km

26,2 km - Lauf

□□□□:

Frauen (20-29 Jahre)

□□□: 3:23:53

□□: 7.65 km/h

□□□□: 7:47 min/km

□□□□□/□□□: 503 (of 537)

□□□□□/□: 87 (of 97)

□□□□□□: 2:02:52

□□□□□: 9(of 9)

□□□□□□□: 2:03:44

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	24:45	7:30	9	9:10	93	9:46	3.30	24:45	7:30	9	9:10	93	9:46	
Schlüsie	3.10	26:58	8:41	9	10:04	87	10:14	6.40	51:43	8:04	9	19:14	92	19:49	
Hermannsklippe	2.60	23:49	9:09	9	9:02	79	9:23	9.00	1:15:32	8:23	9	28:16	88	28:47	
Brocken	3.10	36:03	11:37	7	12:53	55	13:22	12.10	1:51:35	9:13	9	41:09	77	42:09	
Eiserner Handwe	3.60	26:27	7:20	9	11:15	92	12:06	15.70	2:18:02	8:47	9	52:24	84	53:38	
Schlüsie	4.10	25:48	6:17	9	11:50	94	12:18	19.80	2:43:50	8:16	9	1:04:14	89	1:04:49	
Loddenke	3.10	19:28	6:16	9	8:01	89	8:12	22.90	3:03:18	8:00	9	1:12:15	89	1:13:01	
Ilseburg/Markt	3.30	20:35	6:14	9	7:54	79	8:00	26.20	3:23:53	7:46	9	1:20:09	87	1:21:01	