



52. Brockenlauf

Ilseburg / 02.09.2023

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Brand, Nicole

□□: Ronnenberg

□□: 67

□□: 26.20 km

26,2 km - Lauf

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 3:24:24

□□: 7.63 km/h

□□□□: 7:48 min/km

□□□□□/□□□: 505 (of 537)

□□□□□/□: 89 (of 97)

□□□□□□: 2:02:52

□□□□□: 15(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	23:55	7:14	15	8:20	87	8:56	3.30	23:55	7:14	15	8:20	87	8:56	
Schlüsie	3.10	27:26	8:50	15	10:42	90	10:42	6.40	51:21	8:01	15	19:02	90	19:27	
Hermannsklippe	2.60	26:43	10:16	15	12:17	95	12:17	9.00	1:18:04	8:40	15	31:19	93	31:19	
Brocken	3.10	41:41	13:26	15	19:00	90	19:00	12.10	1:59:45	9:53	15	50:19	92	50:19	
Eiserner Handwe	3.60	26:23	7:19	15	11:25	91	12:02	15.70	2:26:08	9:18	15	1:01:44	93	1:01:44	
Schlüsie	4.10	22:07	5:23	12	7:30	75	8:37	19.80	2:48:15	8:29	15	1:09:14	92	1:09:14	
Loddenke	3.10	16:38	5:21	11	5:22	62	5:22	22.90	3:04:53	8:04	15	1:14:36	90	1:14:36	
Ilseburg/Markt	3.30	19:31	5:54	12	6:56	68	6:56	26.20	3:24:24	7:48	15	1:21:32	89	1:21:32	