



52. Brockenlauf

Ilseburg / 02.09.2023

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Reetz, Heike

□□: Kleinmachnow
 □□: 334

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W55 (55-59 Jahre)

□□□: 3:29:04

□□: 7.46 km/h
 □□□□: 7:59 min/km

□□□□□/□□□□: 514 (of 537)

□□□□□/□: 92 (of 97)

□□□□□□: 2:02:52

□□□□□: 17(of 17)

□□□□□□□: 2:41:54

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Loddenke | 3.30 | 23:51 | 7:13 | 15 | 4:26 | 85 | 8:52 | 3.30 | 23:51 | 7:13 | 15 | 4:26 | 85 | 8:52 |
| Schlüsie | 3.10 | 26:55 | 8:40 | 15 | 5:38 | 85 | 10:11 | 6.40 | 50:46 | 7:55 | 15 | 9:48 | 86 | 18:52 |
| Hermannsklippe | 2.60 | 23:52 | 9:10 | 14 | 4:59 | 80 | 9:26 | 9.00 | 1:14:38 | 8:17 | 15 | 14:13 | 84 | 27:53 |
| Brocken | 3.10 | 39:21 | 12:41 | 13 | 8:51 | 81 | 16:40 | 12.10 | 1:53:59 | 9:25 | 14 | 21:29 | 85 | 44:33 |
| Eiserner Handwe | 3.60 | 27:47 | 7:43 | 17 | 8:03 | 94 | 13:26 | 15.70 | 2:21:46 | 9:01 | 16 | 29:24 | 90 | 57:22 |
| Schlüsie | 4.10 | 25:36 | 6:14 | 17 | 7:03 | 91 | 12:06 | 19.80 | 2:47:22 | 8:27 | 17 | 36:02 | 91 | 1:08:21 |
| Loddenke | 3.10 | 19:08 | 6:10 | 16 | 4:55 | 86 | 7:52 | 22.90 | 3:06:30 | 8:08 | 17 | 40:57 | 92 | 1:16:13 |
| Ilseburg/Markt | 3.30 | 22:34 | 6:50 | 17 | 6:13 | 92 | 9:59 | 26.20 | 3:29:04 | 7:58 | 17 | 47:10 | 92 | 1:26:12 |