



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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	