



52. Brockenlauf

Ilseburg / 02.09.2023

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Witt, Michaela

□□: Team Teichteufel
 □□: 471

□□: 26.20 km
 26,2 km - Lauf

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 3:45:12

□□: 6.93 km/h
 □□□□: 8:36 min/km

□□□□□/□□□: 531 (of 537)

□□□□□/□: 95 (of 97)

□□□□□□: 2:02:52

□□□□□: 9(of 10)

□□□□□□□: 2:20:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Loddenke	3.30	25:17	7:39	10	7:25	96	10:18	3.30	25:17	7:39	10	7:25	96	10:18	
Schlüsie	3.10	29:16	9:26	10	11:09	96	12:32	6.40	54:33	8:31	10	18:34	96	22:39	
Hermannsklippe	2.60	26:25	10:09	9	10:25	93	11:59	9.00	1:20:58	8:59	10	28:59	96	34:13	
Brocken	3.10	46:14	14:54	10	19:50	96	23:33	12.10	2:07:12	10:30	10	48:49	96	57:46	
Eiserner Handwe	3.60	27:06	7:31	9	11:14	93	12:45	15.70	2:34:18	9:49	10	1:00:03	96	1:09:54	
Schlüsie	4.10	25:46	6:17	9	8:51	93	12:16	19.80	3:00:04	9:05	9	1:08:54	95	1:21:03	
Loddenke	3.10	20:22	6:34	9	6:44	93	9:06	22.90	3:20:26	8:45	9	1:15:38	95	1:30:09	
Ilseburg/Markt	3.30	24:46	7:30	10	9:04	95	12:11	26.20	3:45:12	8:35	9	1:24:42	95	1:42:20	